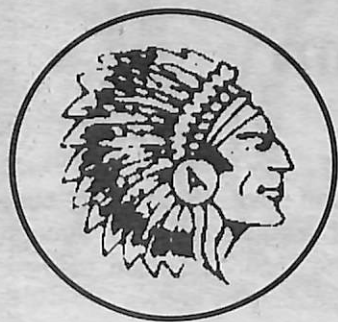




Agawam

Advertiser News

65¢

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"Your Hometown Newspaper"

Volume XXIV Number 46

November 15, 2001



THE AGAWAM CONGREGATIONAL CHURCH in Agawam Center held Veterans' Day ceremonies on Sunday with the Reverend Earl Eisenbach officiating. Veteran Jessie D. Fuller (left photo) a former Town Councilor and School Committee member, was one of many veterans who attended. In right photo: Veterans Robert & Ellie Van Valkenburg placed the memorial wreath at the Veterans' Green in Agawam Center during Veterans' Day ceremonies on Sunday, November 11th. Advertiser News photos by Kathy Shepard.

FOR THE PAST 16 YEARS, Kurt & Paula Welker, owners of Fitness First in Feeding Hills, have been involved in keeping residents in Agawam and the surrounding area physically fit and active. Advertiser News photo by Kay Saltmarsh.

Agawam salutes its vets at Sunday ceremony

by Kathy Shepard
Feature Editor

The Massachusetts Veterans' Memorial Cemetery on Main Street hosted a Veterans' Day service in the commital chapel on Sunday morning.

This was the first Veterans' Day service to be held here since the beautiful cemetery, which had been donated by farmer Edward Squazza, was dedicated last May.

The commital chapel was filled to capacity and doors remained open, with several dozen people assembled outside for the service's duration. The service opened with the National Anthem, followed by the Pledge of Allegiance led by Bear Cub Scouts, pack 77, Den 12: Roger Bruso, Jesse Conklin, Ashton LeClair, Evan Pirnie, and Phillip Preston.

A Prisoners of War/Missing in Action Candle Lighting was conducted by veterans Robert Horner of World War I, Leno Repossi of World War II, Edward Doyle of the Korean War, and Kenneth Pietras of the Vietnam War.

Lowell McLane of St. David's Church gave the Invocation, followed by a welcome given by Robert C. McKean, director, Massachusetts Veterans' Memorial

Cemeteries.

The Governor's Proclamation was given by Charles Weidig, corporal, United States Army (Korean War).

A Memorial Wreath Ceremony allowed participants to place flags into the wreath as "Hymn to the Fallen" was played.

The Veterans' Day Address was delivered by Ernestine Stowell, colonel, United States Marine Corps Reserve. Colonel Stowell served on active duty during World War II from 1943-1946 and reserve duty from 1947-1978. She was stationed at Parris Island, South Carolina; Headquarters Marine Corps, Washington, D.C.; Camp Lejeune, North Carolina; and the Norfolk Navy Base in Virginia.

She was assigned to Intelligence when stationed at Headquarters Marine Corps and helped prepare the Iwo Jima invasion maps for General A.A. Vandergrift, Commandant of the Marine Corps.

The salute was given by the Massachusetts

SEE VETS - Page 10

Fitness First holds open house...

With winter's onset, it's time to get fit & trim

by Kay Saltmarsh
Feature Writer

The "key" to **Fitness First** is providing "topnotch" service to every member and providing a health club, which is pleasant and friendly that cares about individual's needs and interests, according to **Fitness First** owners Kurt and Paula Welker.

"I think we've always strived to offer a facility that stays in touch with everyone's needs," Mrs. Welker said. "We try to make sure we remain on the cutting edge with new facilities and programs. There is always something new for our members to learn and be a part of at **Fitness First**."

"We try to offer a well-rounded range of classes for all different needs and interests," Mrs. Welker said. "If the focus is not necessarily on a high impact workout, then there are plenty of other options."

"About five years ago, we brought a new program called 'spinning' into the club," Welker said. "We were one of the first clubs in the area to recognize this program and it's been a big success." Welker explained that "spinning" is a high intensity class that lasts between 45 minutes to an hour, with stationary bikes that are used when listening to music.

SEE FITNESS FIRST - Page 46

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

At Agawam Municipal Golf Course...

Clubhouse renovations nearing completion

by Hope E. Tremblay
Municipal Writer

Once renovations are complete upstairs at the Agawam Municipal Golf Course (AMGC), there will be another place to have a fine dining experience in town.

"I'm very pleased to announce that the country club's upstairs dining facility will soon be completed," said Mayor Richard A. Cohen. "It allows the opportunity for people to relax and enjoy the view in a spectacular new setting."

According to Ron Dunn, golf pro and manager of the AMGC, renovations are "virtually done."

"Right now we're waiting for our tables to be shipped from Wisconsin and the bar needs to be refinished," Dunn said. "But the carpet's in and the kitchen's set."

The only thing left to do is one of the most important aspects of the facility - deciding who will provide the food service.

Dunn said AMGC staff operate the snack bar/dining room downstairs, and they could handle running the upstairs facility with some assistance from an experienced caterer. However, he plans to explore all options and will soon be seeking bids from food service providers.

"We're looking at a number of ways to run the dining facility," said Dunn.

The room can seat more than 70 people and the deck can hold another 50. Dunn said that during golf season, the room will be used primarily for golfers, but



AT THE AGAWAM MUNICIPAL GOLF COURSE, Mayor Richard A. Cohen (left) and Golf Pro Ronald Dutton go over the newly-expanded and renovated dining room area.
Advertiser News photo by Kathy Shepard.

the public is welcome. Cohen said that eventually, the facility could be a banquet space. The main issue prohibiting the space from being a restaurant and banquet hall now is parking.

"During the season, the parking lot is full until 9:00,

even 10:00 at night," Dunn said. "We're really busy and have a number of leagues Monday through Friday. Until we resolve the parking situation, the new dining space will be used mainly by golfers."

Currently, after a tournament at the course, golfers must travel to another hall or restaurant to have the tournament dinner. Now that the new space is refurbished, said Dunn, they can just walk upstairs. The facility will likely open when the course opens for the 2002 season in March, said Dunn.

Agawam took over control of the course, which was originally built in the 1920's, eight years ago. The town, under then-Mayor Christopher C. Johnson, purchased it at auction before several businessmen could develop the land for housing.

"When the town bought the golf course, it was in really rough shape," said Dunn. "It's improved dramatically."

Cohen thanked Dunn and the Agawam Building and Maintenance Department for their "long and dedicated hours" in improving the course and renovating the upstairs facility.

"I would also like to thank the Golf Commission for their support of this project," said Cohen. "This project was completed with money in the course's revolving account with no burden to the taxpayers. This project is one that I am very proud of since it will be able to be utilized by golfers and non-golfers alike."

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

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\$1.00 OFF

Skoal, Kodiak, Copenhagen

Only 99 Cents

2 LTR

Coke, Diet Coke, Sprite,
Mountain Dew & Dew Red
Plus Deposit (while supplies last)

Breakfast Special

Manhattan Bagel & Coffee
Only 99 Cents

\$2.99

12 Pack Soda cans
Coke, Diet Coke, Sprite, Pepsi, Diet
Pepsi, Mountain Dew, Core Red
Plus Deposit (while supplies last)

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Available
Inside
The Store**

INSTANT LOTTERY WINNERS FOR WEEK ENDING NOV. 10, 2001

600 MIL. Spectacular - \$200	Jubilee 25 - \$100
600 MIL. Spectacular - \$200	Holiday Cash - \$100
600 MIL. Spectacular - \$100	Holiday Cash - \$100
600 MIL. Spectacular - \$100	High Roller - \$100
600 MIL. Spectacular - \$100	Cash Vault - \$100
600 MIL. Spectacular - \$100	5 Card Cash - \$100
Cash Explosion - \$100	

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AGAWAM PUBLIC MARKET

Waybest All-Natural Fresh Turkeys

10 Lbs. - 30 Lbs. (All Sizes)

\$1.19 Lb.



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Closed All Day Thanksgiving Day

*The Staff Of
The Agawam Public Market
Wishes All A Happy And
Healthy Thanksgiving Holiday!!!*

USDA CHOICE

Boneless Spoon Roast	\$2.99 Lb.
Prime Rib Roast	\$4.99 Lb.
Boneless Sirloin Steak	\$3.49 Lb.
Fresh Ground Round (5 Lbs. Or More)	\$2.49 Lb.
Fresh Ground Chuck (5 Lbs. Or More)	\$1.69 Lb.
Jordan Skinless & Shankless Ham	
Whole	\$2.39 Lb.
Shank Half	\$2.89 Lb.
Butt Half	\$2.39 Lb.
Boneless Center Cut Pork Roast	\$2.89 Lb.
Boneless Center Cut Pork Cutlets	\$2.99 Lb.
Fresh Ground Pork	\$1.89 Lb.
Zonin Italian Sausage (Hot Or Sweet)	\$2.39 Lb.
Grade "A" Chicken Breast	
Whole	\$1.19 Lb.
Split	\$1.39 Lb.

FREEZER PLEASER

Whole Butt Tenderloin	\$5.69 Lb.
Whole Boneless Sirloins	\$1.99 Lb.
Whole Bone-In Rib Roast (7 Ribs)	\$3.99 Lb.
(Cut & Freezer Wrapped At No Extra Charge)	

SEAFOOD

Cooked, Ready-To-Serve Shrimp (31-40 Count)	\$8.95 Lb.
2-Lb. Bag	\$16.90
Fresh Sea Scallops (Large Size)	\$7.99 Lb.
Fresh Scrod Fillet	\$4.99 Lb.

PRODUCE

Bananas	.49 Lb.
Tangerines	3 For .89
Cortland, McIntosh, & Red Delicious Apples	.49 Lb.

Hot House Tomatoes	\$1.39 Lb.
Long Green Celery (Bunch)	.89
Onions (3-Lb. Bag)	.99
Iceberg Lettuce (Head)	.89
Turnip	.39 Lb.
Butternut & Acorn Squash	.39 Lb.
Native Potatoes (10-Lb. Bag)	\$1.39

DELI

Imported Canadian Ham	\$2.99 Lb.
Russer Low-Salt Ham	\$3.99 Lb.
Mother Goose Liverwurst	\$2.99 Lb.
1st Prize Narrow Bologna	\$2.99 Lb.
Carando Boneless Prosciutto	\$5.99 Lb.
Thumann's Gourmet Turkey Breast	\$5.99 Lb.
Kerry Gold Imported Swiss Cheese	\$3.99 Lb.
Land O' Lakes White American Cheese	\$3.99 Lb.

DAIRY

Hood Golden Egg Nog (1/2 Gal.)	\$3.89
Grade "A" Jumbo Eggs (Doz.)	.99

Tues. & Wed. Special
Boneless Chuck Eye Steaks

\$1.99 Lb.

Fri. & Sat. ONLY

**Land O' Lakes
White American Cheese**

\$1.99 Lb.

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***Please Patronize
Your Local
Market!!!***



Letters To The Editor

To the Editor:

Go Browies! Grrrrrrrrrrrrrrrrrrrrr.

Sincerely,
Lynn A. Goodrow
Feeding Hills

To the Editor:

Let's say no to any more increases, loud and clear. They're overpaid as it is. And please, so-called teachers, no more crying about money when so many are losing their jobs, industries closing up, and our country is trying to recover. Try to do your jobs for a change. Greed is an ugly face and you wear it well.

William Katz
Agawam

To the Editor:

I was horrified by the tone of these advertisements, and am advising especially my most dear friends on the School Committee to please reconsider what appears presently to be a lack of respect for teachers

Tell the School Committee to stop bankrupting our Town with less than honest ads and get back to the business of education; and tell the Mayor to seek arbitration.

Sincerely yours,
Owen R. Broadhurst
Agawam

To the Editor:

Finally, in no way would I EVER call a teacher to tell them to sign the offer and, basically, get back to work. It would be the height of impertinence. It seems to me that it is time for arbitration.

**Mary Broadhurst
Agawam**

To the Editor:

The citizens of our community are to be commended for their ability to look forward and recognize the future long-term benefits of this modest investment in our community's future. We, too, look forward to the benefits this act will provide.

Very truly yours,
The Community Preservation
Act Ad-Hoc Committee

To the Editor:

Many schoolteachers that I have seen spend their own money to provide supplies for their students. Others have several advanced degrees and have spent years educating themselves for the betterment of their students.

I keep hearing from politicians and others how important it is to have good, qualified, and competent individuals to teach our children. If you want high-quality people in the classroom, very simply, you have to pay for it. I believe our teachers should be compensated handsomely for the very important services they are providing to our children, and in the end, all of us.

I hope the School Committee will secure the services of the professionals in the classroom of Agawam by treating them with the respect they deserve.

Sincerely,
Mary Jane Augusti, Esq.
Feeding Hills

To the Editor:

As a veteran teacher in Agawam, I would like to respond to some of the so-called facts that have been presented to town residents in recent advertisements paid for with your tax dollars by the School

SEE LETTERS- Page 5

The Agawam Advertiser News



786-7747

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786-8137

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LETTERS - from Page 4

Committee.

First of all, the fact is that Agawam is no longer competitive with nearby towns as far as attracting and retaining teachers. For example, a first-year teacher in Agawam currently starts at \$27,227, but in West Springfield, that same new teacher can make \$29,997. After 10 years' teaching experience, that teacher will make \$38,845 in Agawam, but \$42,346 in West Springfield.

Right now, approximately one-half of the teachers in town have been with our school system for less than three years and may not be making \$30,000. When one adds on the appalling lack of respect four members of the School Committee are showing toward teachers already here, how can we continue to attract top-caliber teachers to Agawam?

Agawam is fortunate to have Six Flags, Berkshire Power, and a growing industrial park; therefore, I find it difficult to understand why it does not have the funds needed to bring its teachers' contract up to a level that is more competitive with other towns which do not have such assets.

Homeowners very often choose a community by the quality of its school system - a fact that those who already live in Agawam and want to keep the value of their homes as high as possible should keep in mind.

No one among the teaching staff in Agawam is enjoying the tense atmosphere that currently exists, and we all would like a speedy resolution to these contract disputes. What we all need to keep in mind is that even though the School Committee claims Agawam cannot afford to fund the teachers' proposal for raises, I say Agawam cannot afford not to.

Sincerely,
Arthur G. Gage
Agawam

Agawam teacher challenges content of School Comm. ad

To the Editor:

I am a veteran teacher in Agawam who does not want to wait for someone to call me, as the School Committee has suggested; instead, I prefer to address the residents of Agawam directly.

First, I would like to point out the irony of the

School Committee's deciding - in secrecy behind closed doors - to waste over \$800 of taxpayers' money to pay for two advertisements that claim Agawam does not have enough money to fund the teachers' proposals for raises. Even if that may be legal, it is ethically questionable.

What is especially insulting to me about the content of the advertisement that ran on November 8th is the statement that teachers at the High School only work four hours per day. Any intelligent person who has even a tiny understanding of the teaching profession knows that the time actually spent standing in front of students inside a classroom is minimal when compared to the hours and hours spent outside the classroom preparing to be there. These hours involve researching instructional methods, compiling materials to use, attending professional development workshops and courses, and correcting papers as well as correcting more papers.

I challenge anyone in the entire universe to show me how I can teach my 96 juniors at Agawam High how to write a five-page research paper and then correct notecards, first drafts, and revised versions all within the four hours that are all I supposedly work per day.

The fact that four members of the School Committee have made such a statement is truly mind-boggling!

Sincerely,
Joanne Brown
Southwick

Agawam teacher/parent takes offense at School Comm. ad

To the Editor:

I take offense, personally and professionally, to the most recent ad placed in the *Agawam Advertiser* by School Committee members. As a teacher, former Agawam student, and parent, it bothers me to think that our "professional" School Committee members believe, for a single moment, that Agawam teachers are "not" in the business of education!

I applaud my children's dedicated Agawam teachers and I proudly stand by my committed colleagues. As an Agawam graduate, I'm grateful for my former Agawam teachers. WE ARE AND ALWAYS HAVE BEEN IN THE BUSINESS OF EDUCATION!!

I take my career and my children's educational experience, in Agawam, as a daily priority. I feel that the Agawam School Committee members have insulted Agawam educators! Agawam deserves a School Committee that has a professional attitude and maturity and shows support and respect for their school community!!

I'm asking Agawam parents to reflect on their experiences with Agawam teachers. Let the School Committee members know that you do not agree with their most recent opinion.

AGAWAM TEACHERS ARE IN THE BUSINESS OF EDUCATION AND THEY DO AN EXCEPTIONAL JOB!!

Thank you,
Nora Bruno
Agawam

Accuracy of information in School Comm. ad questioned

To the Editor:

As the husband of a veteran teacher in the Agawam School System and grandfather of students currently attending Agawam schools, I feel compelled to write the following in response to an ad placed in *The Agawam Advertiser* by some of the School Committee the week of November 5th.

* If Agawam High School teachers only worked four hours per day, no student would graduate from Agawam High.

* If the teaching positing paid \$62.23 per hour for four hours, the line of applicants would be wound around the building - rather than the lack of applicants which we are facing.

* If by chance the teachers received the fair contract they are requesting, and they probably won't, it is still impossible for them to bankrupt the town.

* If the only fact the School Committee can get straight is that the teachers work on site a 183-day school year, then they are not qualified to run any school system.

* If School Committee members have no knowledge of what teachers are doing each day for Agawam students, then they should not serve on the committee.

SEE LETTERS - Page 6

Canary Blomstrom—A "Hole-in-One"

Are you sure you have all the insurance coverage you need to protect yourself and your family? At the Canary Blomstrom Insurance Agency, we'll make sure you have the right coverage, at the right price, with the best service around. And we'll make it in one stroke. After all, a sub-par game is great, but can you afford sub-par insurance?

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LETTERS - from Page 5

* If there were some minimum requirements to be elected to the School Committee so that members would understand the work of a teacher, rather than the current popularity contest for this office, the teacher bashing would not be happening.

* If the attempts at public humiliation and reports of false information about Agawam teachers continue, it will be clear that the School Committee members who engage in these practices lack leadership, professionalism, and lack concern for the education of Agawam's young people.

Thank you,
George Martin
Westfield

"The rest of the story" about Agawam teachers

To the Editor:

I was dismayed to see another ad in last week's *Advertiser* delineating the facts as they relate to the current contract negotiations between the Teachers' Union and the Agawam School Committee. To paraphrase Paul Harvey, I would like to tell you "the rest of the story."

As a guidance counselor, I take umbrage with many of the statements that I find to be misleading. Having witnessed my fellow teachers, I can tell you that, indeed, they teach more than four hours a day. Maybe the designers of this ad are just considering the five period classes that most teach and when one multiplies five times 45 minutes, the number of minutes does equal 225, so in actuality, I suppose they do teach in front of a classroom for 225 minutes.

However, what about the time spent in between classes expounding on some material to a student? What about the time spent in my office talking to a parent via the telephone or in person in order to clarify an issue and to give some necessary information

that will invariably aid the student in his quest for knowledge? What about the time spent at home ruminating about how to help a student better understand the material or how to help him cope with an untenable situation in his life? What about the time spent on the ball fields in support of our youngsters as they strive to win a game for Agawam High? What about the phone calls that are made from home, after school hours? What about the many hours spent at home devising lesson plans and correcting papers?

Unfortunately, these obviously have not been taken into consideration, yet they are definitely part of teaching.

All our teachers want is fair remuneration for their work. When one looks at the surrounding Massachusetts communities, it is apparent that their pay scales are higher than ours. Why was this not mentioned in the ad? If I were working in two of our surrounding communities, I would be making at least \$5,000 more than I make at Agawam High School.

In addition, the starting pay is higher in those communities. We wish to be able to continue to ATTRACT and KEEP highly qualified teachers who are able to positively impact our students with their zeal and knowledge; however, I am afraid that this will not be possible. Already we have lost some very good educators to surrounding Massachusetts communities, for it is true that "good contracts keep good teachers."

The ad ends by stating that teachers should sign the School Committee's offer and get back to the business of education. How can we sign something that will not give us parity with other towns? Moreover, why are our wants not being heard? **We have never left the business of education.** We are just feeling frustrated because we are not receiving the support that we feel we need and deserve.

So parents, I know you know teachers. Please tell them to continue to fight for what they want. Please tell them that you appreciate everything that they have done for your children. Please tell them that you

realize how hard they work and that they are entitled to raises that will put them on a par with surrounding Massachusetts communities. Then, communicate these thoughts to your Agawam School Committee.

And now, my readers, you, too, "know the rest of the story."

Sincerely,

Judith S. Cohen, Guidance Counselor
Agawam High School

School Comm. ad does nothing to bring sides together

To the Editor:

When I started teaching 33-1/2 years ago, I was naive enough to believe that anyone who ran for and was elected to the School Committee would understand teaching and respect our profession. Apparently, at least in Agawam, that is not the case.

The ad that appeared in last week's *Advertiser News* from the School Committee showed an ignorance of what teaching involves and downright disrespect for the teachers in their employ.

To indicate that high school teachers, or any teacher for that matter, work only four hours a day was irresponsible and inflammatory. Preparation, class time, extra help, correction of papers, etc., take many hours beyond the traditional school day (e.g., grades for this marking period ended at 1:45 p.m. on Friday, November 9th, and were due in the high school office at 7:30 a.m., Tuesday, November 13th). This is just one example of work beyond the five teaching periods at the high school involving nights and weekends.

The School Committee is well aware of the time teachers dedicate to their profession, but their purpose in this ad was to deceive the voters. No teacher in Agawam is paid "\$65" per hour. This is another

SEE LETTERS - Page 7

Alexander's

Restaurant & Banquet

786-1127

60 North Westfield Street
Feeding Hills

786-1128

Owner
Charlie Grasso



Spend Thanksgiving With Us

A Special Thanksgiving Buffet Dinner

Featuring:

- Turkey Noodle Soup
- Turkey & Dressing
- Baked Ham
- Roast Beef
- Baked Stuffed Filet of Sole
- Mashed Potatoes
- Salad Bar
- Cranberry Sauce
- Butternut Squash
- Creamed Onions w/Peas
- Gravy
- Cornbread
- Cranberry Nut Bread
- Dessert Table
- Coffee, Tea, Milk...

Thursday, Nov. 22nd
12:00 Noon-5:00 P.M.

Call Now For Reservations...

LETTERS - from Page 6

example of the misleading and outright false information in this ad.

Remember, teachers do not support themselves or their families on the "average salary" but on their actual salary, which for first-year teachers is less than \$28,000. This has put our system at a disadvantage when it comes to finding new teachers. We are below West Springfield, East Longmeadow, and Longmeadow, etc. (not to mention the State of Connecticut). One teacher we hired last summer left for a higher paying position before the school year even started, and other teachers have left after one year when they received better offers from surrounding towns.

The School Committee mentions its wage percentage offer is higher than others, but fails to mention that pay scales are higher in many of these communities in the first place. If we are not competitive, we cannot attract new teachers or keep the experienced staff we have already.

This misleading and disingenuous ad does nothing to bring both sides together. Remember, when this contract is finally settled, we must again work together to improve education in Agawam. How do you work with someone who shows you such a lack of respect?

Two School Committee members did not sign this ad as they had the first ad. Apparently, they disagreed with the misrepresentations and negative tone as we do.

Frank Meagher
Feeding Hills

Let us give teachers the respect that they deserve

To the Editor:

Education is the cornerstone of our society. The children of this town hold our future in their hands. It is crucial that we supply our children with the essential tools to ensure a prosperous, successful community. The children of today affect the future of tomorrow. Teachers work hard day in and day out to ensure that the children of our town rise above all expectation. Teachers believe in the power of education, but most of all, believe in the power and potential of our children. Teachers devote their lives to ensuring a brighter future for all. I am, therefore, disgusted by the obvious lack of respect the School Committee has shown the teachers in our town.

The School Committee has continued to publish advertisements that I can only assume are meant to

turn citizens of our town against our teachers. They have published certain facts, while leaving out others. The facts that they do print are completely out of context in an attempt to sway opinions. I believe that the School Committee is showing a great lack of professionalism and dignity. I understand that negotiations can be difficult for both sides; however, the School Committee and our teachers are *supposed* to be working towards a common goal - the welfare of our children and the future of our community. By attacking the teachers in such an offensive manner shows me that perhaps the School Committee needs to rethink what their goal is.

Teaching is a very difficult profession. I believe that teachers around the country are overworked, underpaid, and under-respected. The fact that the School Committee would insinuate that certain teachers work only four hours a day is outrageous. I would assume that a member of the School Committee would know what teachers are actually doing during the school day, but it is obvious that they do not. Although I do not teach in Agawam, I do teach in a nearby community. I am sure that many teachers would agree with me when I say that physically teaching a lesson is only half of the battle. For the School Committee to suggest that a teacher is only working when a class is directly in front of him/her is a very ignorant suggestion. By comparison, one could say that the members of the School Committee are only actually "working" when we can physically see them at their meetings. Both suggestions are incorrect, but I feel it illustrates the problem in thinking.

The School Committee also made a point that the mean teacher salary in Agawam is around \$45,000. The School Committee failed to mention that such a statistic is obviously skewed by an extremely large population of teachers near retirement within the next couple of years. The figure the School Committee reported as its "average" is what a teacher can look forward to after about 13 years of teaching. I would like to ask the School Committee to find one other profession that requires a master's degree and that its greatest earning potential is around \$45,000. I think it would be a difficult task.

Teachers obviously do not go into teaching for the money or prestige. We go into education because we believe in children. Teachers in this town do not deserve the lack of respect the School Committee has shown. I suggest that the members of the School Committee do some *serious* research into the work teachers do, day in and day out. Spend a week in a classroom, any classroom. Plan lessons; gather materials; assess behavior; evaluate progress; go to

TEAM meetings; write measurable annual goals and objectives; do progress reports; go to faculty meetings; go to department meetings; administer a standardized test; write an IEP report; meet with parents; consult with specialists; review the frameworks; organize parent volunteers; correct papers; make and write classroom observations; do lunch duty; do recess duty; do bus duty; monitor bathrooms; make a bulletin board; council a child; council a parent; write a curriculum; review and address IEP and 504 plans; and - if you have time - teach.

I believe that the citizens of the Town of Agawam need to rally behind our teachers. They take our children into their hands and hearts every day and deserve to be recognized for it. The School Committee has provided a disservice to our town by creating an image that our town does not care about or respect our teachers. A town that does not care about its teachers does not care about its children or its future. Please, give the teachers the respect they deserve.

Lynn Thomson
Agawam

Teachers deserve to be appreciated & acknowledged

To the Editor:

In response to the ads in *The Agawam Advertiser* that the Agawam School Committee has recently been placing, I'd like to enter my objections. Let me start by saying that I attended Agawam Public Schools from kindergarten until my high school graduation in 1999. Along my way, there were countless

SEE LETTERS - Page 8



Suffield ... Family home/Price Reduced. Fireplace in Family rm, Eat-in Kitchen, Master bedrm w/bath on 1 acre, 4 bed, 2-1/2 full baths. - **New Price \$242,800.**



Windsor Locks ... "Catbird's Seat." Step out of your living rm onto your second floor balcony and watch the activity of your complex. - **\$63,850.**



Suffield ... History at its Best. Built 1715 w/large fireplaces around a center chimney. Original character maintained. Barn w/work shop. - **\$325,000.**

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Full Service, Licensed in Conn. & Mass.

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Main Street * Suffield, CT



ROLAND DOWD
BROKER

Rejean J. Remillard Insurance Agency

Auto * Home * Life * Workers Comp.* Liability * IRA's

Conveniently Located in Feeding Hills Center

"Where Good Drivers Receive Valuable Discounts Without Group Hassles"

Your Local Family Owned And Operated Agency Since 1970



**23 Southwick Street
Feeding Hills, MA**



**Open Monday-Friday 8:30am to 5:00pm
Saturday 9:00am to Noon**

(413) 789-3070

teachers who inspired, befriended, and taught me. To School Committee members and others who may not appreciate them as I do, they are employees of the schools. To me, they have been and still are my friends, my mentors, my guides.

Mrs. Nancy Kundl, a French teacher at the high school, is one of the most incredible teachers a person could have. She introduced me to a world of French to a point where I nearly ate, slept, and breathed the language. She taught me to love it, she taught me to learn it, and she taught me how to love learning. With her help, I managed to obtain a lifelong membership in the French National Honor Society. Her persistence and dedication to her students made a difference in my life, and in the lives of my friends. Surely this was not accomplished as part of a "four-hour work day."

Mr. Larry O'Brien, a teacher in the English Department at the high school, is perhaps the defining inspiration that encouraged me to pursue my current path. I am a Tomorrow's Teacher Scholar, majoring in English at Westfield State College, and seeking teacher certification in secondary education. Mr. O'Brien was enthusiastic about my writings while I attended the high school. I felt like he was my number-one fan. He saw something in the way that I wrote that pushed me to find pride in my work, and to perfect it. He spent *countless* hours after school helping me publish in the *Uniqorn*, the high school's literary magazine; in addition, he was a sponsor and leader of the Agawam High School Quill and Scroll Honor, to which I was inducted. His encouragement and presence made the society and membership meaningful for me. Also, he encouraged me to join the Academic Decathlon, a character-building experience that has long stayed with me. Most importantly, he served as a role model to me. To have the ability to make such an impression on a student where they want to grow up to be just like you, is simply priceless and cannot be wedged into a "four-hour work day."

Mrs. Kathy Mouneimneh, an English teacher at the high school, has also been an amazing teacher. She has been my cooperating practitioner and my mentor

The Agawam Advertiser News

as I pursue my teaching degree. She has dedicated a great deal of attention teaching me how to teach. I cannot express in words the ways in which Mrs. Mouneimneh has touched me. She has given me valuable gifts of knowledge, and if I am ever able to come close to matching her teaching skills when I become a teacher myself, I'll be happy.

Committee members Linda Galarneau, Susan Dawson, Rosemary Sandlin, and Susan Pettazzoni recently signed an ad in the *Advertiser* in which inaccurate and petty information was printed which belittled the teaching profession. They claim that teachers teach merely "four hours a day." No reasonable person would believe that a teacher's work begins and ends there. What about the extra time spent planning lessons, correcting papers, advising clubs, offering extra help, maintaining certificate requirements through classes and workshops, and attending professional meetings? Where does that get them? It gets them in the hearts and memories of their students, for whom they have been the very sources of inspiration and encouragement.

Fellow citizens of Agawam, these School Committee members show no real appreciation or understanding of the effort, spirit, and hard work that teachers contribute to our schools and to the children of Agawam. They deserve much more RESPECT than has been displayed in these cheesy ads. Don't these School Committee members realize that children read the paper? Do they want children to believe that teachers in Agawam are a band of greedy opportunists? Let's show respect for a profession that is challenging, demanding, and (above all) giving.

Please, if you know an Agawam teacher, please make a call to tell him or her the many ways in which they have inspired you. Thank them for teaching you what you know. Remind them that their extra hard work, dedication, and care made a difference. Tell them:

2 Teach is
+ 2 Touch lives
4 Ever

Sincerely,

Holly R. Moren, Feeding Hills - AHS c/o 1999

Melconian votes for key public safety measures

Senate Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce the Senate passage of measures increasing the penalties for issuing a terroristic threat, creating a statewide grand jury system, and modernizing the law surrounding subpoenas for electronic communications.

"These three measures are small but significant steps in our efforts to make our communities safer and meet the needs of a changing world," said Melconian.

Each of these bills is aimed at a different public safety problem. The terroristic threat bill penalizes anyone that falsely communicates that an airplane or ship will be hijacked or that any dangerous substance or device, including a biological or radioactive substance, is present or will be placed at a location. The expanded penalties can be used only when the false threat results in the evacuation or serious disruption of a building or assembly. The penalty for this new crime will be imprisonment for a term of three to 20 years in state prison or six months to 2-1/2 years in a house of correction, by a fine of \$1,000-\$50,000, or by both fine and imprisonment.

The electronic subpoena bill gives law enforcement officials the power to access electronic information if a District Attorney or the Attorney General has reasonable grounds to believe that basic account records of a provider are relevant to an ongoing criminal investigation. This is the same standard officials now use for telephone records. "Records that indicate where and when electronic messages were sent can prove extraordinarily valuable to law enforcement without unduly burdening an individual's privacy. This creates the same standard for all types of records," said Melconian.

The final new piece of legislation allows the Attorney General to convene a grand jury with jurisdiction over the entire state. Under current law, grand juries can only be convened with jurisdiction over a specific county. "This legislation assures that the powers of this vital investigatory tool are not hindered by arbitrary regional boundaries."

These pieces of legislation now await action in the House.

Town Council agenda for Nov. 19th

1. Citizen's Speak Time
2. Roll Call
3. Moment of Silence and the Pledge of Allegiance
4. Minutes - Regular Council Meeting of 11/7/01
5. Declaration from Council President
6. Presentation of Petitions, Memorials & Remonstrances
- (a) Resolutions
1. TR-2001-42- A Resolution Adopting the Fiscal Year 2002 Supplemental Operating Budget for the

- Town of Agawam (Mayor)(1st Read)(Tabled 11/7/01).
7. Report of Council Committees
 8. Elections
 - None.
 9. Public Hearings

SEE COUNCIL AGENDA - Page 9

- ADVERTISER NEWS -



Thank You
Agawam Voters
For
Your Support On
Election Day
John Negrucci
Agawam Town Council

*What makes our home so special
has a lot to do with the service.*

Every funeral service deserves to be truly memorable, flawlessly planned, and correct to the smallest detail. The families of our community have long turned to us because we give every funeral service that kind of respect. In fact, giving our best is simply the way we do everything here. That can go a long way toward providing real comfort for the families we serve. And we think that makes our funeral home a special place indeed.

Curran Jones
FUNERAL HOMES
745 Cooper Street, Agawam
T.J. O'Brien - Director Joseph D. Curran - Director
781-7766

Bob Rossi thanks residents for campaign support

"I would like to take this opportunity to thank the citizens of Agawam who have shown their trust and confidence in me to represent them as their mayor," said mayoral candidate Bob Rossi in a press statement.

"Although our efforts in this campaign fell short, my concerns for the needs of Agawam remain constant. I shall always strive to protect the interests of our citizens and to preserve the quality of life in our town.

"My election campaign held two beliefs to be true," said Rossi. "That every voice has a right to be heard and working together, we will succeed. I shall always hold true to those ideals and remain constant in my commitment to making Agawam a better place," he said.

"As I finish my term as your City Councilor, I would like to say that it has been an honor and a privilege to have served your concerns and represent your interests, and I thank you.

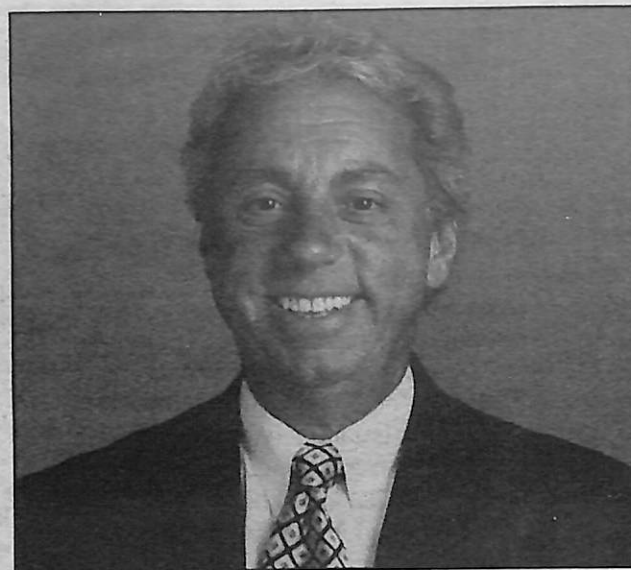
"I would like to send a special thank you to Ray &

Evie Nardi, whose tireless efforts were simply amazing. And to Betty Gutowski and Ellie Tonelli for their incredible energy, thank you so much!"

Rossi continued, "To my committee, Lois Puopolo, Marie & Ray Nardi, Kaila Larivee, and Justin Gorman, whose optimism and inspiration always came through. To Rudy Altobelli, who worked so hard, with so little, to accomplish so much, good effort, coach!

"To Rich Morassi, it really was a good thing! To my good friend, Joe Merk, you're still a winner! To my family, David & Jackie, Gina & Mike, Margo & Jeff, Courtney, Daniele, and Lexie, I'm back!

"And to all those who gave so willingly, thank you so much!" Rossi concluded.



BOB ROSSI

Partnership formed to fill commercial space

Mayor Richard A. Cohen has announced the availability of the Town's new web site for vacant commercial space. The idea, which was born out of a recent meeting of local business representatives, property owners, and realtors, was fine-tuned by the Agawam Office of Planning and Community Development and Agawam's Network Administrator, Jeff Hulbert.

Mayor Cohen, who has placed as a priority of his administration the filling of Agawam's vacant storefronts, has spearheaded a multi-faceted initiative to not only seek businesses to fill the storefronts, but also to assist Agawam's small businesses with training and skills that will make them more successful in a difficult economy. The Town's new web site will provide a valuable link between property owners and those looking for commercial space.

The site, entitled "Available Commercial Space," provides such information as size, cost, and names and addresses of property owners. "The Town of Agawam is not in the business of marketing property, that is the bread and butter of the real estate community. But local realtors have expressed a need to have this information available and we are in a position to be able to provide it," said Deborah Dachos, Director of Planning and Community Development.

Mayor Cohen said, "I am pleased to say that my Economic Development Plan is already working. The City has many new businesses occupying existing vacant storefronts and offices. The City will soon be announcing the opening of its New Small Business Development Center in Feeding Hills to continue to attract and assist in economic growth of the City."

The web site address is www.agawam.ma.us. For additional information, please contact the Planning Office at (413) 786-0400, ext. 283.

COUNCIL AGENDA - from Page 8

None.

10. Old Business

(a)

2. TOR-2001-6- An Ordinance to Amend Ch. 103, Fees, Art. II, Ambulance Fees, Paragraph 103-17, Establishment of Fee (Mayor)(1st Read.)(Tabled 11/7/01).

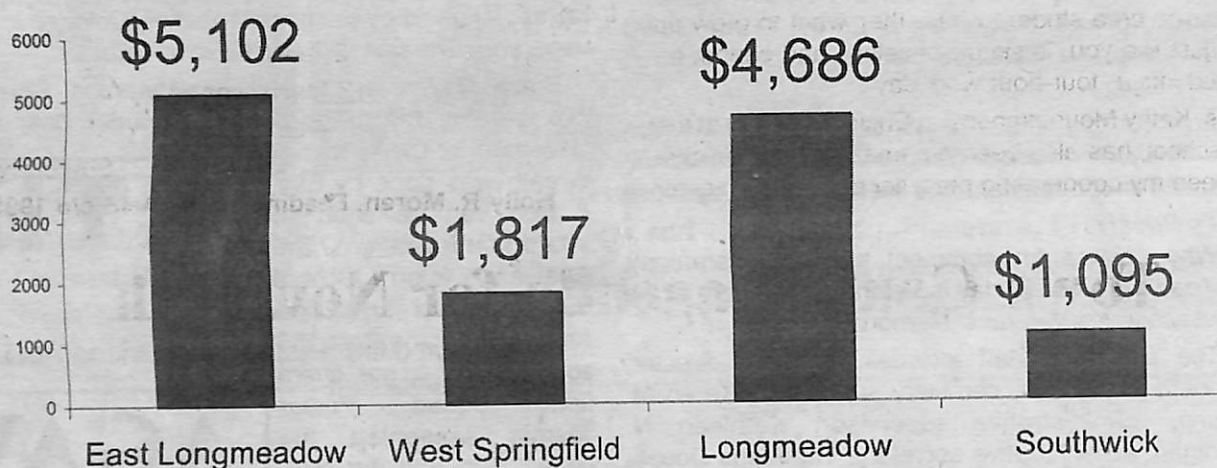
Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, Nov. 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

The Future is Bright Agawam Needs to Keep It That Way

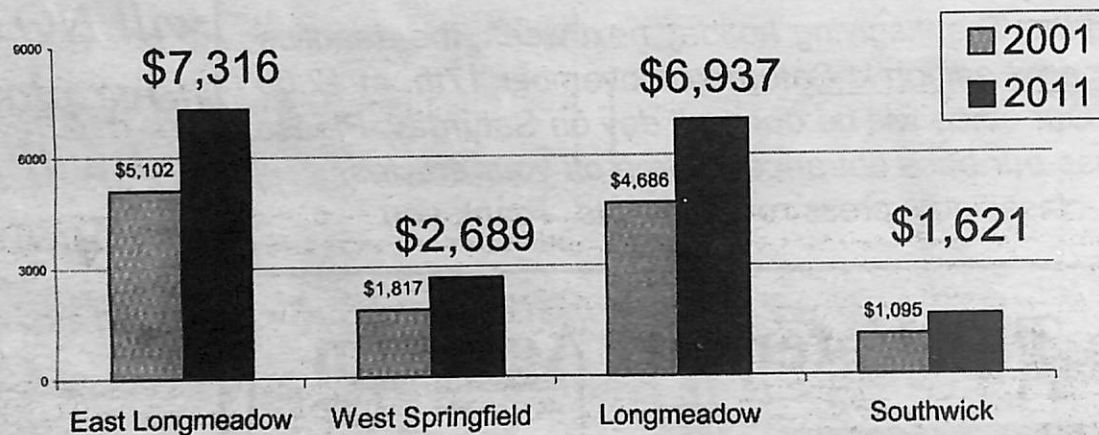
The most valuable asset in Agawam is its bright future. The need for quality public education is imperative to protecting that future. The citizens of Agawam have the right to protect their investments in their homes, their property values, their children's futures, their grandchildren's futures, and their community. Everyone knows that without quality education and safe schools the future and property values will eventually be dimmed.

Currently a starting teacher in Agawam makes \$27,227 a year.

Even after the Agawam School Committee Offer of \$28,180 (3.5% increase) for 2001 Starting Salary, a starting teacher can make more per year in other school systems



In 10 years the difference between starting salaries will be even larger under the current School Committee's offer of \$28,180 (3.5%)



Why would new teachers come to Agawam when they could make over \$70,000 more over the next ten years teaching in another school system?

How much will this current contract offer cost Agawam in its inability to **FIND** and **KEEP** quality teachers?

When is Agawam going to be *competitive* again?

**Good Contracts
Keep
Good Teachers**



VETERANS' DAY CEREMONIES at the Veterans' Green in Agawam Center (from left): Mayor Richard A. Cohen, Reverend Jim Jasmin, Colonel Joyce Humphrey, Veterans' Agent Edward Kellogg, Veterans' Council Chairman Christopher Sanchez, State Representative Daniel Keenan, and Veterans' Council member Frank Mazzai (front). Advertiser News photo by Kathy Shepard.

VETERANS - from Page 1

Veterans' Memorial Cemetery Volunteer Firing Party and "Taps" was played.

Unexpectedly, a jet flew over about this time. Although not part of the ceremony, it added to the emotional atmosphere.

Even more emotionally stirring was the playing of the themes from different branches of the service. Those present from the respective branch were invited to stand as their theme was played. Whenever someone stood, the gathering applauded. The themes that were played were "America the Beautiful" (Army Hymn), "Air Force Hymn," and "Eternal Father" (Navy, Marine Corps, Coast Guard Hymn). McLane gave the benediction and McKean gave closing remarks.

At about this time, two jets flew over in formation and everyone present glimpsed for a moment the intensity of commitment and feeling shared by those in the military.

When asked for comment after the ceremony, McKean said, "Every day is Veterans' Day here at the Massachusetts Veterans' Memorial Cemetery."

The cemetery staff includes McKean, director; Kenneth M. Pietras, cemetery supervisor; Karen M. Pasko, administrative supervisor; Kathleen N. Madigan, administrative secretary; Thaddeus Dobek, assistant supervisor; Susan Eno, groundskeeper; Mark O'Meara, groundskeeper; and Ronald Cormier, groundskeeper.

Veterans' Day was also celebrated on the Veterans' Green in Agawam Center on the grounds of

Phelps School.

Christopher Sanchez, chairman of the Agawam Veterans' Council, gave the welcome, with the flag-raising done by American Legion Post 185.

After the National Anthem, Sanchez led the crowd in the Pledge of Allegiance.

Pastor Jim Jasmin of Faith Bible Church gave the Invocation.

Speakers were Mayor Richard A. Cohen; Daniel E. Keenan, state representative; and Linda J. Melconian, state senator.

Edward Kellogg, director/agent of the Veterans' Office, Western Hampden District, presented his comments, followed by the guest speaker, Colonel Joyce Humphrey, Persian Gulf and Kosovo veteran.

Frank Mazzai of the Agawam Veterans' Council took care of the tolling of the Memorial Bell, and placement of the Memorial Wreath was done by Ellie & Bob Van Valkenburgh, World War II veterans. The Agawam High School Buglers played "Taps," and American Legion Post 185 supplied the honor guard firing squad. Pastor Jasmin presented the benediction and the closing song was "God Bless America." Services in churches all over Agawam recognized the veterans.



NAVY VETERANS JESSIE D. FULLER and JAMES RANDOLPH (photo above) at ceremonies held at the Agawam Congregational Church on Veterans' Day, Sunday, November 11th. In photo below: Brendon Johnson and Charles Heyl pay their respects to veterans at a ceremony held inside the chapel at the Massachusetts Veterans' Memorial Cemetery on Main Street. Advertiser News photos by Kathy Shepard.

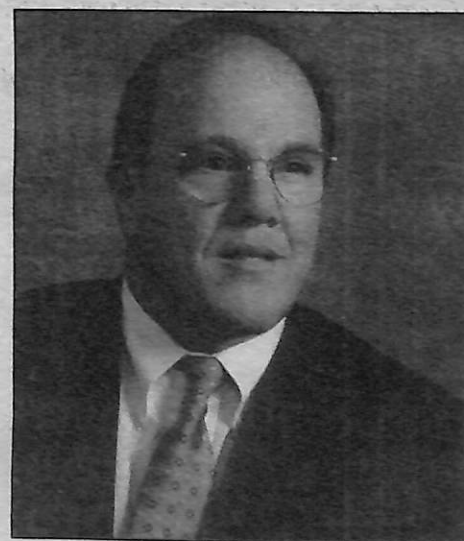


THANK YOU to AGAWAM VOTERS

Your support is greatly appreciated. I will NOT take for granted the trust you have placed in me.

I will continue to be a positive voice for Agawam.

*Sincerely,
Councilor Anthony C. Bonavita*



Paid for by the Committee to Elect Anthony C. Bonavita, John O'Brien, Chairman

To The Voters Of Agawam



Once again, I thank you for your support in my campaign for re-election to the school committee.

I will continue to work for our children - the future leaders of our community.

Roberta G. Doering



Families

Agawam High School Class of 1961 holds 40th reunion



THE AGAWAM HIGH SCHOOL CLASS OF 1961 held its 40th reunion on October 13th at Alexander's Restaurant in Feeding Hills. Advertiser News photo by Kathy Shepard.



In left photo: Among those at the AHS Class of 1961 reunion held in October at Alexander's Restaurant were (back row, from left): Art Hastings, Judy Schinelli-Serra, Mary Haffler Martin, Pamela Montagna Jakuboski, Patti Poggi Bradbury, and Carol Stetson Pignatare. From row (from left): Louise Strong, Donna Modzelewski, Barbara Charest Biagini, and Gail McDonnell Brunelle. In right photo: Former classmates in the AHS Class of 1961 that traveled the farthest included (from left) Carol Bissonnette Garrison (Maine), Norm Lapine (California), Judie Roberts Phillips (Maine), and Sandy Ianello Lafond (Virginia). Advertiser News photos by Kathy Shepard.

Applications now available for 2nd Colleen Pageant

The Agawam St. Patrick's Committee announces applications are available for the second annual Colleen Pageant by contacting Colleen Committee members Paul Kelley at 786-7697 or Joan Langevin at 789-4238, at the Agawam High School on November 26th during lunch period, or in the guidance counselor's office during the school day.

Applicants must be 17 years of age by March 17, 2002 and no more than 22 years of age by March 17, 2002. Applicants must also be a resident of Agawam. All applications have to be returned to the Colleen Committee no later than December 19, 2001.

The pageant will be held January 5, 2002 at the Agawam Junior High School auditorium. Five finalists for the Colleen and Court will be selected at the pageant.

A \$500 scholarship will be awarded to the Colleen, who is crowned in February.

Last-minute reunion tickets for AHS class of 1996

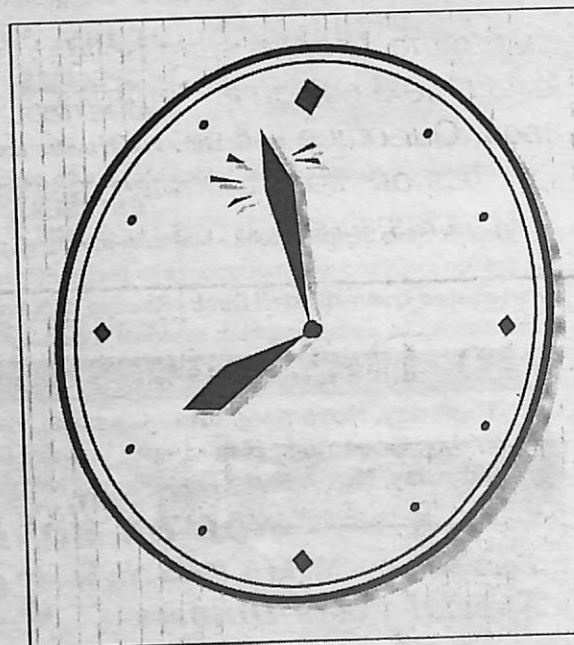
Agawam High School's class of 1996 will be selling last-minute reunion tickets on Friday, November 23rd, from 11:00 a.m. to 4:00 p.m. at the Agawam Public Library. The cost is \$10 per ticket.

This will be your absolute last chance to get tickets for Saturday's (November 24th) reunion.

Visit www.ahs96.com for more information.

None better.

Where else can you open a new checking account or apply for a loan—and still be at work by 8:00 a.m.? We don't think you should have to plan your schedule around "banker's hours." So when we say we're open, we're open for *all* of your transactions, starting at 7:30 a.m. at our Bridge Street office. There's **none better** for letting you do your banking on your own schedule.



The First National Bank of Suffield



Your Hometown Bank
"None better."

30 Bridge St. • Suffield • (860) 668-3950
1380 Mountain Rd. • West Suffield • (860) 668-3958
Center Shops • East Granby • (860) 653-9416
www.fnbanksuffield.com

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FDIC
Equal Housing
Lender

Happy birthday, Anna!!!



MRS. ANNA MOLTA OF AGAWAM recently celebrated her 90th birthday on a Caribbean cruise with her family. Standing (from left): Nan & Dan Molta of Sturbridge, Sherry & John Molta of Feeding Hills, and Joe Anderson (son-in-law) of Agawam. Seated (from left): Ken & Candace Molta of New Jersey, "Dr. Ted," the ship's doctor that dined at the Molta table, Anna Molta, and Gloria Anderson (daughter) of Agawam.

Agawam Senior Center's weekly lunch menu

Mon., Nov. 19th: Pork a la king, mashed potatoes and mixed vegetables, bananas.

Tues., Nov. 20th: "New" - cannoloni, tossed salad, chocolate pudding.

Wed., Nov. 21st: Baked chicken breast, scalloped potatoes, Italian mixed vegetables, brownie.

Thurs., Nov. 22nd: Thanksgiving Day (Senior Center closed).

Fri., Nov. 23rd: Split pea soup, pepperoni pizza, cucumber salad, peaches.

(Menu subject to change without notice.)

UNICO's Breakfast with Santa to benefit Brent Bovat-Crocker

Agawam UNICO is pleased to announce that its fifth Annual "Pancake Breakfast with Santa" will take place on Sunday, December 9th at the Polish-American Club, 139 Southwick Street, Feeding Hills from 8:00-11:30 a.m.

Proceeds raised from this year's breakfast will go to benefit Brent Bovat-Crocker, a 12 year-old Agawam boy who was born prematurely. He has cerebral palsy and suffers from osteoporosis, a bone thinning disease. Brent has had titanium rods surgically inserted in his legs and has undergone numerous additional surgeries.

Brent is wheelchair-bound and attends Agawam Middle School.

Please keep this date open on your calendar. Come meet Santa and support Brent. Admission is \$4.50 for adults with children under nine years of age admitted free.

Tickets are available from any UNICO member and will also be available at the door.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc.
Thank you.

Escape To The



School Street Bistro

29 School St., Westfield, MA

fax or call in your order ahead of time

Fax (413) 562-8704

Phone (413) 562-8700

School Street Bistro presents "The Columbia Meeting House" serving up to 200. Plan your social and corporate events for the holidays!

Friday & Saturday, Nov. 16th & 17th

SPECIALS

APPETIZER:

Fresh Oysters & Crab au Gratin - Fresh oyster and crab meat in a garlicky cream sauce with peppers oven-baked to a golden brown with parmesan cheese.

ENTREES:

Grilled Buffalo Sirloin Steak - Mesquite-marinated grilled Buffalo steak with a roasted garlic scallion mojo and wild mushroom with purple Fingerling hash.

Pan-seared Oven-roasted Duck - Roasted duck breast with raspberry and mango reductions over a pea risotto and fresh seasonal vegetables.

Enjoy Autumn nights in the Bistro Lounge with the sounds of:

Thursday, November 15th - Classical Pianist Vadim	7:00
Friday, November 16th - Piano Vocalist Rob Dixon	P.M. -
Saturday, November 17th - Pianist Natalie Borowiec	???

NOW ON MONDAYS

Each Monday Night is Pasta Night

Special Pasta Dinners

\$9.95

This special is in addition to our regular menu.

EVERY TUESDAY IS

Westfield Night

Salad, Entree & Dessert

FOR **\$14.95**

NEW!! WEDNESDAY

Steak Night \$16.95

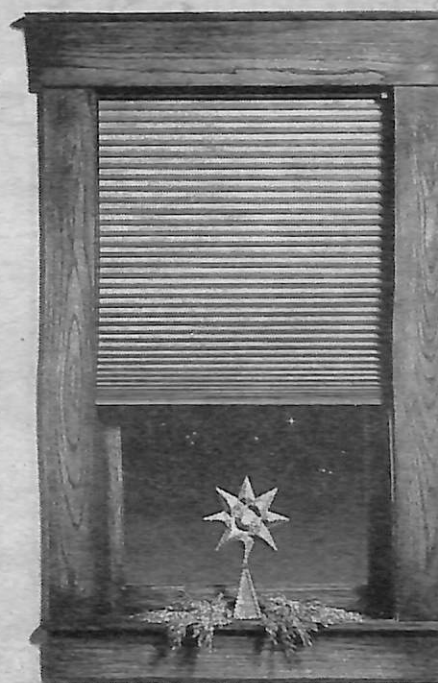
Banquet & Function Facilities

Hours: Mon.-Thurs. 11:30 a.m.-9:00 p.m., Fri. 11:30 a.m.-10:00 p.m.

Saturday 4:30-10:00 p.m. * Sunday 4:00-8:30 p.m.

Secured Gift Certificates Available On-Line - www.schoolstreetbistro.com

Energy efficiency
never looked so festive.



Get energy-efficient Duette® honeycomb shades in time to celebrate the season. Stop in today for details on guaranteed holiday delivery. And pick up a free copy of *Gatherings*, our holiday decorating and entertaining guide.

HunterDouglas
window fashions

Superior Decor

Wallcoverings • Carpets • Shades & Blinds
Custom Draperies

880 Burbank Avenue, Suffield

Phone (860) 668-1505 Fax (860) 668-1974

(By Appt. Only)

Joanne Goodrich & Phyllis La Teano - Decorators

www.Superiordecor.com

Annual Thanksgiving Dinner to be held at Spfld. Civic Center

Open Pantry Community Services, Inc., a community service agency which provides shelter, social work advocacy, daily meals, and emergency groceries to the poor and homeless, will hold its 18th annual Thanksgiving Dinner at 12:00 noon at the Springfield Civic Center on November 22nd.

Anyone who would like to share in this community meal is welcome to attend. Transportation to the Civic Center can be arranged for people unable to get there on their own. If a ride is needed, please call and leave a message on our voice mail (737-5337) by November 19th. The coordinators will get back to you as soon as possible.

Any contributions of desserts (pies, cakes, and cookies) and fruit will be greatly appreciated. The food items may be dropped off at the Civic Center after 9:00 a.m. on Thanksgiving morning. Financial donations may be sent to the Open Pantry Community Services, Inc., P.O. Box 5127, Springfield, MA 01101-5127.

We have much to be thankful for; let's share it with others!

For businesses/services, our classified ads cost just \$15 per week for 30 words or less; for all other classifieds, the cost is \$10. However, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Heritage Hall residents hold fundraiser



RESIDENTS OF HERITAGE HALL SOUTH Nursing Home raised money for the Red Cross Relief Fund by selling raffle tickets for a Halloween t-shirt and by selling pumpkin pins. From left: Ana Ferreira, Recruitment Representative at Heritage Hall South, accepts a check from Betty Piersanti, Resident Council president; Melissa Costigan, the winner of the t-shirt that was raffled; Veronica Linder, Madeline Romano, Doris Cocchi, and Winnie Wright. Back row: Teresa Alves, Bryan Rossano, and Priscilla Peletier. Advertiser News photo by Kathy Shepard.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

Wine Tasting

Wednesday,
November 21st

4:00 P.M. - 7:00 P.M.

Wine Representatives Will
Be On Hand To Taste Fine
Thanksgiving Day Wines To
Complement Your Table!!

Hand-Selected Wines From
Columbia Crest And Delicato
Will Be Tasted Throughout
The Afternoon And Evening.

Italian Deli

* Over-Stuffed Grinders
And Sandwiches



* Cheese, Crackers,
Fine Foods

* Store-Made Lasagna,
Eggplant Parmesan,
Pasta Fagioli

* La Bella San Marzano
Plum Peeled Tomatoes
\$15.00 / Case

Redemption Center

We Want Your Empty
Bottles And Cans -
Take Most Brands!!!

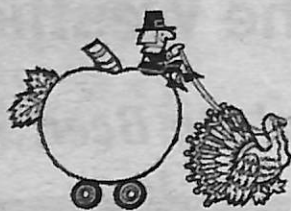
River Side Liquors



& Deli

1811 Main Street, Agawam

Phone (413) 789-6448 FAX (413) 789-6552



Happy Thanksgiving

BEER SPECIALS

Heineken (Case - Bottles)	\$19.99 Plus Deposit
Beck's (Case - Bottles)	\$19.99 Plus Deposit
Budweiser (30 Paks)	\$17.99 Plus Deposit
Otter Creek Winters (12-Pak Bottles)	\$10.99 Plus Deposit
Michelob (20-Pak Bottles)	\$14.99 Plus Deposit
Busch and Light (Case - Bar Bottles)	\$9.99 Plus Deposit

WINE SPECIALS

Delicato (1.5 Ltr.) - Chardonnay, Cabernet, Merlot	\$9.99
Lindeman's (1.5 Ltr.) - Cawarra, Semillon, Chardonnay	\$9.99
Beringer (750 ml.) - White Zinfandel	\$4.99
Casarsa (1.5 Ltr.) - Merlot, Cabernet	\$9.99
Luna DiLuna (750 ml.) - Pinot Grigio, Chardonnay	\$8.99

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Skyy Vodka (1.75 Ltr.)	\$19.99
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Clan MacGregor Scotch (1.75 Ltr.)	\$13.99
Dewars Scotch (1.75 Ltr.)	\$29.99
Amaretto DiSaronno (750 ml.)	\$19.99



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- Agawam Obituaries -

MARGARET BELTRANDI

Margaret (Gozgit) Beltrandi, of 112 Walnut Street, Agawam, died recently in Springfield's Mercy Hospital. Born in Springfield, she had lived in Agawam for over 60 years. She was a 25-year sales clerk in the shoe department for the former Sears & Roebuck Store in West Springfield.

She was a communicant of St. David's Episcopal Church, and was active at the Agawam Senior Center. She was known for her apple pies and ability to grow roses.

Her husband, Mario "Babe" Beltrandi, died in 1989. She leaves two sons and daughters-in-law, Robert A. and Elaine of Palm Coast, FL, and R. Terry and Donna of Chicopee; four grandchildren; three step-grandchildren; and four great-grandchildren. The funeral will be held at the Agawam Curran-Jones Funeral Home on Friday, November 16th, at 9:00 a.m., with a service in St. David's Episcopal Church at 10:00 a.m. Burial will follow in Springfield Street Cemetery. Visiting hours were scheduled for the afternoon (2:00 - 4:00 p.m.) and evening (7:00 - 9:00 p.m.) of Thursday, November 15th. Memorial contributions may be made to Shriners Hospital, 516 Carew Street, Springfield, MA 01104.

GLORIA M. BROWN

Gloria M. (Feroli) Brown, 64, of 1138 Worthington Street, Springfield, died recently in Baystate Medical Center. She was office manager for 36 years at Hampden Zimmerman Electrical Company on Worthington Street, Springfield, and retired in 1989. Born in Springfield, she was a lifelong resident and a 1955 graduate of Commerce High School. She loved animals and nature.

She was a U.S. Army veteran during peacetime. She was a good and loyal friend all of her life to Marcia J. Hill of Agawam. She had a great appreciation of art, music, and literature. She was an oil paint-

ing student with Professor Edith Wiles, and a member of Silvia Rosen's writing class.

She leaves a brother, Howard Hall of Springfield; two sisters, Joyce Reed of Las Vegas, NV, and Nancy Francis of Feeding Hills; an uncle, Stanley Kania of Mount Claire, CA; two aunts, Louise Nickolson of West Springfield and Elsie Crowe of Springfield; a friend, Janice Chlopecki of Pittsfield; and several nieces and nephews. The funeral was held at Colonial-Forastiere Funeral Home and St. John the Evangelist Church, with burial in St. Joseph's Cemetery in Westfield. Memorial contributions may be made to Hospice of Western New England, 50 Maple Street, P.O. Box 9058 Springfield, MA 01102-9058.

GEOFFREY LOUTH

Geoffrey Louth, 88, of 138 Leonard Street, Agawam, died recently in Mercy Medical Center. Born in Sheffield, England, he came to America at an early age. His family settled in Pennsylvania, and later they moved to Springfield, where he graduated from the former Technical High School. He moved to Agawam in 1978.

He was a retired self-employed camera technician. He was a World War II Army veteran, attaining the rank of staff sergeant. He was also a member of the Samuel D. Sherwood Lodge of Masons in East Longmeadow, and a charter member of the Pioneer Valley Live Steamers Incorporated.

He leaves a sister and her husband, Marjorie and David M. Sherman of Agawam, with whom he made his home. The burial will be private in Hillcrest Park Cemetery, and Agawam Funeral Home is in charge of the arrangements. Donations may be made to the Pioneer Valley Steamers, Inc., Box 105, Southwick, MA 01077.

THOMAS E. O'KEEFE

Thomas E. O'Keefe, 63, of Lexington Street, Agawam, died recently at home. Born in Springfield,

he had been a lifelong resident of the area. He was a retired principal from three Agawam schools: the Agawam Junior High School, James Clark Elementary School, and the Katherine Danahy School. Most recently, he was employed by Microtest Labs of Agawam.

A 1956 graduate of Agawam High School, he went on to receive both his bachelor's and master's degrees in education from Westfield State College. A veteran of the United States Air Force, he was activated in 1961-1962 by the Air National Guard and spent the year in France during the Berlin Crisis.

He is survived by his wife, Rene (Theobald) O'Keefe of Agawam; two sons, Kevin T. and Jeffery S., and a daughter, Shannon A. Fitzgerald, all of Agawam; three stepdaughters, Stacy L. Wieners of Agawam, Kelly A. Pesserini of Westfield, and Carrie B. Kelley of Feeding Hills; 10 grandchildren, Ashley E., Patrick W., Kian R., Sydney A., and Matthew R. O'Keefe, Nico M. and Anthony P. Passerini, Jake T. and Zack Wieners, and Jonnie T. Kelley; and two brothers, James A. and Gerald F., both of Agawam. The funeral was held at Colonial-Forastiere Funeral Home and St. John the Evangelist Church, with burial in the Massachusetts Memorial Veterans' Cemetery of Agawam. Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, Inc., 50 Maple Street, P.O. Box 9058, Springfield, MA 01102.

FRANK R. TRINCHINI

Frank R. Trinchini, 62, of 550 Southwick Street, Feeding Hills, died recently at Baystate Medical Center. Born in Springfield, he moved to Feeding Hills in 1970 and was a communicant of Sacred Heart Church. He was an ironworker for 43 years, working for many area contractors. Prior to that, he owned the former JCM Steel Erectors of Springfield.

SEE OBITUARIES - Page 15

Grand Opening...

Super Phipps Discount Liquors NOW OPEN!!!

East Main Street, Westfield (In The Westfield Shops)

26,000 Square Feet Of The Lowest Prices Around On Beer, Wine, and Liquor!!!



Thanksgiving Wine-Tasting

**Sunday, November 18th
12:00 Noon To 6:00 P.M.**

Food Will Be Served...
(The Public Is Welcome!!!)

Open Monday Through Saturday:
8 A.M. To 11:00 P.M.

Sundays Through The 1st Of The Year:
12:00 Noon To 9:00 P.M.



Great Thanksgiving Prices!!!

Bud & Bud Light (30-Pk. Cans)	\$16.99
Miller Light (30-Pk. Cans)	\$16.99
Miller Genuine Draft (30-Pk. Cans)	\$16.99
Coors & Coors Lite (30-Pk. Cans)	\$16.99
Sam Adams (12-Pk.)	\$9.99
Sam Adams (Loose Case)	\$19.99
Kendall Jackson	
Chardonnay (750 ml.)	\$9.99
Woodbridge (1.5 Ltr.)	\$10.49
Phipps Vodka (1.75 Ltr.)	\$8.99
Kahlua (750 ml.)	\$14.99

Don't Miss Our Double-Page Ad In Next Week's Agawam Advertiser News...

Super Stop & Shop supports Juvenile Diabetes



THE STAFF OF SUPER STOP & SHOP in Feeding Hills Center recently held a fundraiser to support the area Juvenile Diabetes Community Fund in the supermarket's parking lot. In left photo: Sliding around and having a great time are (front row, from left): Nina Camelio, Cassandra Gosselin, Corrin Gosselin, Wade Robidoux, Mary Kate Reidy, and Jonathan Reidy. Standing: Nina Camelio, Seth Johnson, Ryan Cahill, and Dave Matott. In right photo: Staff members who participated included (back row): Nichole Conte, Erik Blackman, Kevin Connery, Ken Romano (Customer Service manager), Rosemary Giordano, Andrew Meader, and Chad Abdow. Seated: Anna Caron, Mary Rapa, and Kim Connery.

Advertiser News photos by Kathy Shepard.

OBITUARIES - from Page 14

He was a fifth-generation pyrotechnist in charge of setting off fireworks for many New England displays. He was a graduate of Springfield Trade School and studied Union Labor Law at the University of Massachusetts. He was taught welding at Springfield

Technical Community College. He was a member of the Ironworkers Local No. 357 and the Springfield Elks Lodge No. 61, as well as a former member of the Agawam Sportsman's Club.

He was the son of the late Innocenzo and Teresa (Marinucci) Trinchini. He leaves his wife, the former Suzanne Sporbert; two sons, Christopher of Agawam

and Marco of Feeding Hills; one brother, Anthony of West Springfield; one sister, Italia Cecchini of Southwick; and seven nieces and nephews. He was predeceased by a brother, Mario, and a sister, Rose Costa. The funeral was held at Tazzini Funeral Home and Sacred Heart Church, with burial in Springfield Street Cemetery. Memorial contributions may be made to the charity of one's choice.

LEGAL NOTICE

APPROVED
TOR-2001-5

AN ORDINANCE TO ESTABLISH CERTAIN FEES IN THE PARK & RECREATION DEPARTMENT

WHEREAS, the Town of Agawam Park & Recreation Department operates the Perry Lane Nursery School as well as many youth programs; and

WHEREAS, the Perry Lane Nursery School is establishing a new four (4) day program effective January, 2002; and

WHEREAS, it is necessary to establish fees for this new program and incorporate said fees into the Code of the Town of Agawam as follows:

Amend Section 103-12 of Chapter 103 entitled 'FEES' as follows:

Add - Effective January 1, 2002:

Perry Lane Nursery

Four-day program, per month \$115.00

DATED THIS 7TH DAY OF NOVEMBER, 2001.

PER ORDER OF THE AGAWAM TOWN COUNCIL

Gina Letellier, President

APPROVED AS TO FORM AND LEGALITY

Thomas S. Locke, Solicitor

Published: November 15, 2001

- ADVERTISER NEWS -

For all the hometown news, you turn our pages each and every week ... AAN!!!



Snuggle in for the Holidays!

- Enjoy the holidays with your family and new friends in your own beautiful apartment at Heritage Woods Assisted Living Community! "The Woods" is a great place to entertain your guests with plenty of places for chatting and a graciously appointed private dining room.
- We offer a warm, inviting atmosphere with terrific services, wonderful activities, and great neighbors! You'll love our elegant and established assisted living community located on the beautiful Heritage Hall campus that's part of the Genesis ElderCare Network.
- We have affordable apartments for 1-2 people with no entrance fees. Rental rates include three meals a day, personal care and housekeeping services, and much more!

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AGAWAM GOLDEN AGE CLUB Chapter I officials (from left): Maybeth Coughlin, Refreshment Committee; Dolores Gatti, treasurer; Louise Balboni, recording secretary; Thelma Coughlin, Refreshment Committee; Terry Clermont, vice-president; Jeanette Riberdy, president; and Edward Organic, event chairman.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc.

Golden Age Club's Chapter I celebrates 45th anniversary

The Agawam Golden Age Club Chapter One celebrated its 45th anniversary on October 10th at Chez Josef in Agawam. Our lives are full of memories; that is why we have anniversaries.

The social hour featured egg nog, assorted crackers, and assorted dips until the dining area to the Tivoli Room was opened. Peach tablecloths had confetti and "Happy Anniversary" cutouts scattered on them. Napkins and fresh roses complemented the decor in peach and white.

President Jeannette Riberdy led members in the Pledge of Allegiance. Chaplain Alice Buell offered a prayer for all present and past members, and followed with a prayer before the meal. President Riberdy introduced other officers: Vice-President Theresa Clermont, Treasurer Dolores Gatti, Recording Secretary Louise Balboni, Corresponding Secretary Millicent Barnard, and Chaplain Buell.

The ticket committee chairpersons were Rose Paro and Loretta Wright, and the table seating was chaired by Theresa Clermont. The event chairpersons were Edward and Nellie Organek; the program chairperson was Celia Rebecchi.

A wine toast was offered, followed by a fresh fruit cup appetizer. A large fresh garden salad featured a choice of dressings, and there was an assortment of rolls. The entree choices were prime rib of beef, breast of chicken supreme, or baked scrod, served with oven-roasted red bliss potatoes, yellow and green beans, and a black raspberry parfait for dessert.

A brief history of the Agawam Golden Age Club was presented by Ed Organek. On November 28,

SEE CHAPTER I - Page 17

A Great Gift for Your Child! Third Annual Holiday Horse Camp



Wed., Dec. 26th * Thursday, Dec. 27th
Friday, Dec. 28th * Saturday, Dec. 29th
Monday, Dec. 31st
8:30 a.m.-2:30 p.m.

The \$200 Fee Includes

Riding - Games - Stable Management
Lunch - Drinks - Snacks &
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It's a story as timeless as the season itself. And now, you can share this classic with family and friends when you visit Hallmark. It'll warm hearts and invite visions of holidays past. But it's only around for a limited time at Hallmark Gold Crown stores so don't wait till the night before Christmas to pick it up.



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In left photo: Attending the 45th Anniversary Banquet of the Agawam Golden Age Club Chapter I are (standing, from left): Emily Gentile, Anna Cecchi, Mary Campbell, and Mary DelNegro. Seated: Loretta Wright and Rose Paro. In right photo: Agawam Golden Age Chapter I officers at the 45th Anniversary Banquet (from left): Alice Buell, chaplain; Terry Clermont, vice-president; Jeanette Riberdy, president; and Edward Organic, event chairman.



CHAPTER I - from Page 16

1956, an organizational meeting was held in St. John the Evangelist Church Hall, with Rev. John Shannon (pastor of St. John's) serving as master of ceremonies. The Baptist and Congregational pastors were seated with Rev. Shannon.

The effort was headed by Joan Danford, with the capable assistance of Barbara Hodges and Jane Hall. Truly, these three angels are the Mothers of the Agawam Golden Agers.

Charter members consisted of 57 members, and they are listed on a plaque hanging in the Senior Center. The first President was Levi Rivers, and the other officers were Vice-President Ray Hamilton, Treasurer Edith Oberheim, Secretary Belle Russell, and Program Chairperson Helen Stebbins. Meetings were held in church halls, the Captain Leonard House, and the old Post Office on Main Street (along with any other available places).

The club growth was amazing, and Agawam resident Andrew Gallano (who was the member of the state Elder Affairs Council) was instrumental in having the present Senior Center built. The Agawam Golden Age Club moved into the new facility in 1977. Many organizations and individuals assisted in furnishing the new Center.

The Agawam Polish-American Club donated new steel cabinets to the Agawam Golden Age Club, and also donated the pool tables in the Center. For years, member Marian Binnenkade had rummage sales at her home on Meadow Street for the benefit of the Golden Age Club, and she was ably assisted by Kay Aldrich. These are now called "tag sales."

Presidents who have served are Levi Rivers, John Adams, Martha St. Germain, Edson Farrell, Elsie White, Claudia Torrey, Charles St. Clair, Mike Jabry, Louis Scherpa, Edward Organek, Flory Scorzafava, Mary DelNegro, Jeannette Dore, Joe Gentile, and president President Jeannette Riberdy.

Tour directors who have been responsible for many reasonable trips include Emiline Comeau, Frances Fagnani, Ed Organek, and presently Jeannette Dore. An active member is Althea Cowles, who is the daughter of the first President, Levi Rivers.

A second chapter was formed by Louis Scherpa, who served as their first President. The club had grown so much, the Senior Center was too small to accommodate all who wished to join.

The day at Chez Josef concluded with a program of Broadway show tunes presented by The Three Baritones, who were joined by all in singing "God Bless America."

President Jan Riberdy, with a committee, visited Joan Danford at her home and presented her with a beautiful bouquet of flowers and a "Lifetime Membership" in the Agawam Golden Age Club. "Mother Joan" Danford is the only surviving member of the organizers, and she was very happy and gracious as always.

"Yuletide at Storowton" slated for December 1st & 2nd

Surround yourself with old-fashioned New England holiday splendor at the Eastern States Exposition's "Yuletide at Storowton," Storowton Village Museum's annual free winter holiday festival in West Springfield on December 1st and 2nd from 11:00 a.m. to 4:00 p.m.

The Village's 19th-century buildings are adorned with beautiful, natural decorations of the season by area florists, garden clubs, and designers who generously donate their time, talents, and materials. Entertainment, musical performances, and activities for the whole family will take place throughout the two-day event, including storytelling, ice sculpting, caroling, 19th-century craft demonstrations, a tree-lighting

ceremony, and a chance to visit with a 19th-century Santa.

Holiday gifts will be for sale in the Storowton Village Gift Shop and the Christmas Shop in Potter Mansion.

The Village also offers "Yuletide Open House Tours" from December 3rd through December 8th, between 11:00 a.m. to 3:00 p.m., and "Yuletide by Lantern Light Tours" on December 5th from 7:00 to 9:00 p.m. Each tour is \$5, and children under six years of age are free.

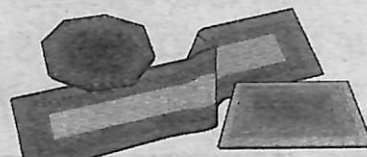
For more information on Yuletide events, call Storowton Village at 787-0136.

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or 1-413-789-3535**

And remember, the last Saturday of the month - November 24th - is "Charity Day."
(All proceeds from area rug cleaning on that day will be donated to a designated charity.)
This month's charity is Straight Ahead, a ministry dedicated to helping youths in the area prisons.

LONGO
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Since 1986



Church News

VCC serving up great chicken dinners...



VALLEY COMMUNITY CHURCH in Feeding Hills - the church "on the hill" - continues to delight the public with its regular Saturday evening chicken dinners. At a recent dinner, kitchen workers included (from left) Jaime Pearsons, Sarah Lagunowich, and Dale Pearsons. Advertiser News photo by Kathy Shepard.

St. John's Church to host Ecumenical Thanksgiving Service on November 21st

The Agawam Ecumenical Thanksgiving Service will be held at St. John the Evangelist Church on November 21st at 7:00 p.m.

The Rev. Howard McCormick, St. John the Evangelist Church, will conduct the Welcome and Thanksgiving proclamation with the Rev. Walter Waitsek, Agawam United Methodist Church, opening with prayer.

The Lighthouse Worship Team from Lighthouse Christian Center, Feeding Hills, will be leading the worship and praise.

Rev. Earl Eisenbach, Agawam Congregational Church, Rev. Gary Reiff, Lighthouse Christian Center, Rev. Scott Seabury, St. David's Episcopal, and Sister

Mary Clare Finn, St. John the Evangelist Church, will be leading different reflections.

Pastor Brad Wright from Agawam Church of the Bible will be leading the offering, which will be used for the Agawam/West Springfield Thanksgiving Dinner.

Rev. Ronald Sadlowski, Sacred Heart Church, will be delivering the Thanksgiving litany with Rev. Howard McCormick, St. John the Evangelist, closing with prayer.

Please join us in this special time of giving. God thanks in a corporate united atmosphere. **This is open to the public and free of charge.** For additional information, please call the church at 786-7111.

* * * * *

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc.

Agawam residents invited to W. Spfld Thanksgiving Dinner

Agawam Parish Association will be unable to provide Thanksgiving dinner for the community this year. The West Springfield Parish & Interfaith Association has graciously invited residents from the Town of Agawam to participate in their program. We thank our neighbors in the next town for this.

They have been holding this dinner for 20 years, and it has grown from 120 to over 1,000 in attendance. There is no charge, and a small fruit basket and plant will be given to each family. We don't want anyone to be alone during this holiday.

The dinner will be held on Thanksgiving, November 22nd, between 12:00 noon and 3:00 p.m. (continuous servings) in the cafeteria at St. Thomas the Apostle Church, on Westfield Street (across from Toomey-O'Brien Funeral Home.)

As in the past, volunteers are needed. Dinners will also be delivered to shut-ins and people with family members in the hospital.

If you would like to help, monetary donations, turkeys, hams, or desserts would also be appreciated.

For more information, please call Carol Treganowan at 786-1912.

"Holidays in the Park" at Agawam Baptist

Come one, come all to the "Holidays in the Park," which will be held on Saturday, November 17th, from 9:00 a.m. to 2:30 p.m. at Agawam Baptist Church, 760 Main Street, Agawam.

There will be booths featuring jewelry, candy, holiday decorations, crafts, books, and a "holiday opportunity." A food sale will also be part of this event, featuring pies, breads, baked beans, cookies, and cakes.

A Snowflake Luncheon will run from 11:00 a.m. to 1:30 p.m. during the "Holidays in the Park." The cost is only \$5.50 per person, and the menu will consist of southern chicken casserole, cranberry salad, blueberry muffin, apple dessert, and beverage (coffee, tea, or milk).

While you're relaxing and enjoying your lunch, you can listen to live music by Jim White on his keyboard. What's more, additional musical entertainment will be provided by a group from the Sacred Heart Band.

"Holidays in the Park" will also offer special fun things for the little ones, including a storytime from 10:30 to 11:00 a.m. and from 1:00 to 1:30 p.m.

And last, but certainly not least, a Treasure Chest Tag Sale will be on hand. Who knows - you may find what you have always wanted!

ADVERTISER NEWS

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Combo, Receive 2nd Combo At
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From the Pastor's desk at St. John the Evangelist Church in Agawam Center

Religious Education News: Classes for the new school year have begun - Grades 1-3 meet on Saturday mornings; Grades 7-10 meet on Monday evenings; Grades 4-6 meet on Tuesday evenings.

A New Approach To Scripture: Sometimes when we read the Scriptures, we get a little confused because we are not familiar with so much of the background. This eight-week program will try to clear up some of this with an easy-to-follow video presentation by the ladies who did such a great job on *Scripture From Scratch*. The world of the Bible will cover its geography, history, religious concepts of the Hebrew people, the religious life and political climate of Jesus' day, and the human identity of Jesus. We will start this on December 6th, the First Week of Advent. Why not plan on being with us? You will find it helpful and rewarding.

Our Annual Christmas Bazaar: Raffle tickets have been mailed to each parish family. Your support to this project is appreciated; just drop your raffle

envelope in the collection basket. (Remember, all proceeds of the raffle and the bazaar go directly to benefit our parish.) The date for the bazaar is December 1st.

Entertainment Books: The Catholic Women's Club has "Entertainment Books" for sale, with profits going to the club. Call Lil Doyle, 786-9586, if interested.

The Giving Tree: Our Giving Tree project is moving along nicely. The team is busy at work preparing to erect the tree on November 24th with the requests of what someone would like for Christmas, inviting the parish once again to be part of this exercise of Christian love.

Used Clothing: As of November 8th, we have stopped receiving useable clothing due to space availability. This will continue 'til after January 1st. We are grateful for all who take the time to recycle clothes for the needy.

Sacred Heart Band will hold Harvest Dinner/Concert on Friday, November 16th

On Friday, November 16th, the Sacred Heart Band will hold a Harvest Dinner/Concert.

Dinner will include stuffed chicken breast, mashed potatoes, squash, green beans, salad, rolls, and dessert.

Following dinner, the band will perform a concert. Dinner will be served between 5:30-7:30 p.m. at the

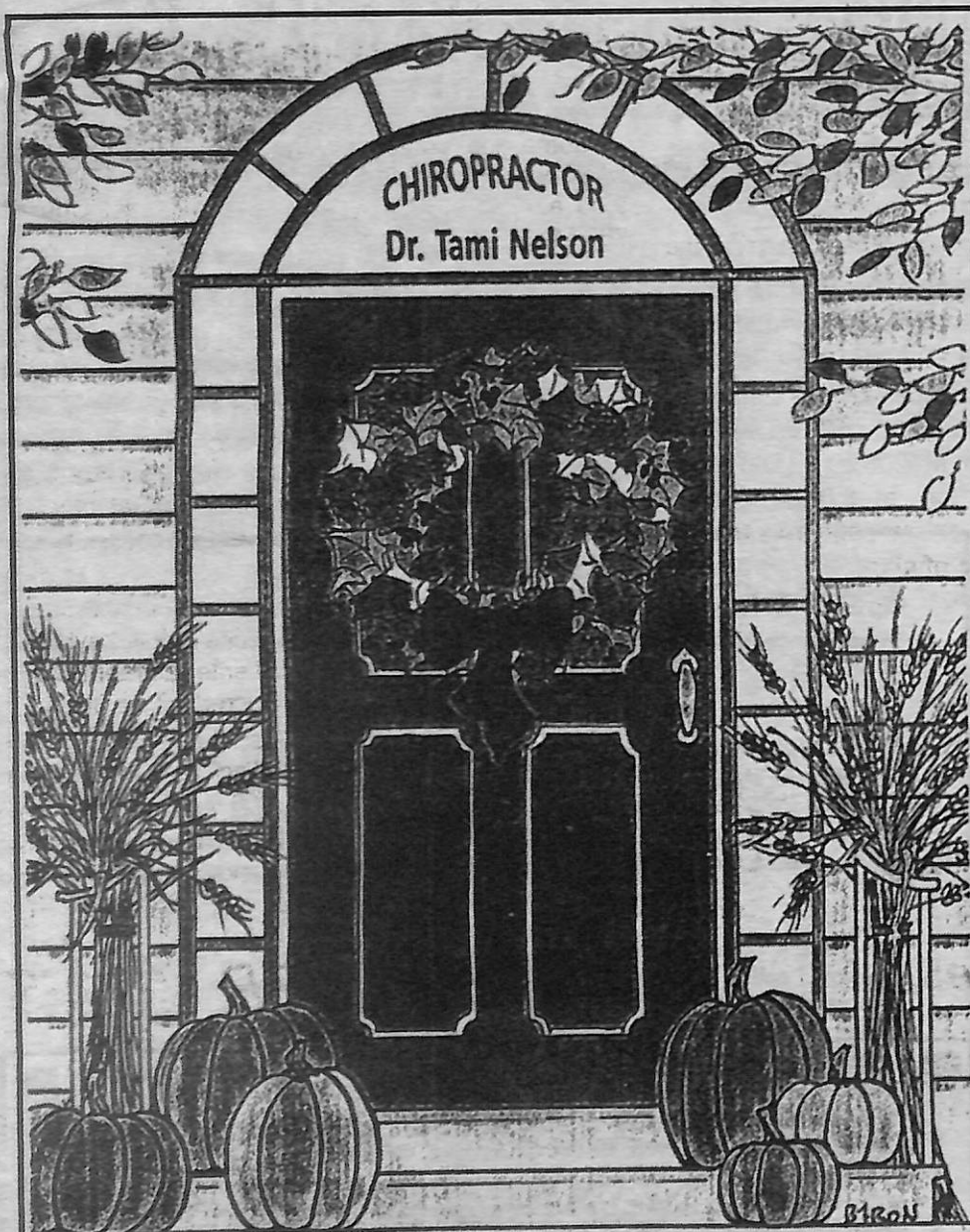
Parish Center. Concert will follow.

There will be a 50/50 raffle and a Chinese Auction.

Come join us for a night of fun and entertainment. Tickets will be sold at the door the night of the dinner.

Donation is \$6 for adults, and \$4 for children under 12 and seniors.

Check our classified ads in each edition...



HAPPY THANKSGIVING!



Dr. Tami Nelson
Hampden County Chiropractic
850 Springfield Street
Feeding Hills, MA 01030
786-4820

Ag. Congregational to host Holly Wreath Christmas Bazaar

The Holly Wreath Christmas Bazaar will be held at Agawam Congregational Church, 745 Main St., Agawam on Saturday, November 17th from 10:00 a.m.-3:00 p.m.

Homebaked foods, dried flowers, wreaths, plants, fresh holly and greens, handmade gifts, crafts, candy, attic treasures, and a clothes boutique are a few of the items featured, and new this year will be the clown, "Miss Lindy Bag Lady" to entertain and delight you.

A food basket filled with homemade goodies and other treats will be raffled. Winners will be notified.

The Christmas Angel Cafe will be open from 11:00 a.m.-2:00 p.m. and will be offering three complete delicious lunch choices with dessert and beverage.

For more information, please call 786-7111.

* * *

"Church News" is just one reason why you turn our pages each and every week ... AAN!!!



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Bring in a roll to be developed and receive a second set of prints or a roll of film for \$1.

(1-hour next-day service only. Color only)

TUESDAY BRINGS

BUY ONE-GET ONE FREE

On color enlargements from same 35 MM neg. (5x7, 8x10, 8x12, 11x14 only/glossy only)

WEDNESDAY - YOU BUY ONE REPRINT AND GET THE SECOND ONE FREE

(From the same 35MM or 110MM negative. Color, glossy paper only.)

FRIDAY - BRING IN A ROLL OF 24 EXP AND/OR 36 EXP.

to be developed and receive a **FREE** roll of film (1-hour service only/color only)



Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377

Changing seasons...

Although we are very much into November, until just recently you wouldn't know that. On some recent days, the mercury has approached, if not topped, 70 degrees. Yet, in spite of the summer-like weather, the calendar tells us that the snow could start falling anytime.

Just as the calendar keeps us current with the seasons, so the Bible can keep us current with the seasons of human history. There are a number of Biblical prophecies relating to the conclusion of human history, which take on an ominous tone, in light of recent events.

But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything in it will be laid bare. This prophecy, which appears in the Second Epistle of Peter, made no sense until 1945. That is because before 1945, elements could not be destroyed, or melted as the KJV has it. You could burn matter to the elemental stage, but not *through it*. That all changed with the invention of nuclear bombs; which also, by the way, create quite a roar when they are detonated.

The sixth angel sounded his trumpet, and I heard a voice coming from the horns of the golden altar that is before God. It said to the sixth angel who had the trumpet, "Release the four angels who are bound at the great River

Euphrates." And the four angels who had been kept for this very hour and day and month and year were released to kill a third of mankind. The number of the mounted troops was two hundred million. I heard their number."

This prophecy, which comes from the Book of Revelation, is particularly eerie these days. For years, people have wondered if the **number of the mounted troops** was really actually **two hundred million**, because it seemed almost impossible to know where such an army could come from. The challenge was that **two hundred million** didn't simply mean "an awful lot," because the next statement is **"I heard their number."**

Although it may be terribly politically incorrect to mention this, there are about 1.3 billion Muslims in the world. The vast majority of them are peace-loving people, not unlike the Christian and Jewish populations. There are some, however, who we know are fundamentalist, even as there are some very fundamentalist Christians and Jews, who wouldn't mind imposing their worldview on everybody else. The difference is that presently, some of those fundamentalist Muslims are willing, and in fact do, employ violence to achieve their goals. In every organization, there is an 80/20 rule. The 80/20 rule is that 20% of the group is dedicated and enthusiastic. Twenty percent of 1.3 billion is more than **two hundred million**. Even as we come to appreciate that this *may*, and it must be stressed, *only may*, be related to the Revelation prophecy, it must be doubly stressed that the vast majority of Muslim people, particularly those who live among us, *are not that 20%!*

In the Book of Daniel, there is a reference to a kingdom, which sounds very much like the United States of America. **As the toes were partly iron and partly clay, so this kingdom will be partly strong and partly brittle. And just as you saw the iron mixed with baked clay, so the people will be a mixture**

and will not remain united, any more than iron mixes with clay. Meaning absolutely no insult whatsoever to us, our population is a mixture of people. We consider that to be a strength, but it is nevertheless true that most of us could (and many do) describe ourselves as "Irish-American" or "African-American" and so forth. As well, our ability to project our military might is tempered somewhat, for various reasons, especially in comparison to other kingdoms in times past, which were completely ruthless. So, in a sense, we are **partly strong and partly brittle**. The eerie part of this prophecy is that the aforementioned kingdom is the last kingdom on earth, before God brings human history to a conclusion.

Jesus Christ spoke about the end times as well. Perhaps sensing that some people wouldn't take His warnings about the end times seriously, Jesus interspersed His comments about the termination of human history with predictions about the soon-to-occur fall of Jerusalem. People didn't think that would happen either, but it did.

Overall, Jesus described a period of great calamity, the likes of which the world had never seen before. Among the things He spoke about, **He said "Nation will rise up against nation, and kingdom against kingdom. There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven."**

Jesus did not say these things just for the sake of saying them. **He told them this parable: "Look at the fig tree and all the trees. When they sprout leaves, you can see for yourselves and know that summer is near. Even so, when you see these things happening, you know that the kingdom of God is near."** There are signs now that the seasons of human history may be changing. Jesus said, **"When you see these things begin to take place, stand up and lift up your heads, because your redemption is drawing near."**

"Singing Christmas Tree" at Bethany Assembly of God in Agawam

Bethany Assembly of God of Agawam will present the 27th annual Singing Christmas Tree celebration during the weekends of December 7th, 8th, and 9th, and December 14th, 15th, and 16th.

The Christmas music spectacular is the church's "Christmas gift" to the Pioneer Valley and surrounding area, and over 7,000 view the Singing Christmas Tree each year during the eight presentations at the church.

The Bethany Choir is arrayed as ornaments on the specially designed steel structure that rises 25 feet from platform to ceiling. Computer-controlled lighting

brings the tree to life, dancing to the music.

This year's musical is entitled *"All is Calm, All is Bright,"* written by Randy Vader and Jay Rouse and orchestrated by Camp Kirkland.

In light of the events of September 11th, the theme takes on greater meaning, and the thrust of the timeless Christmas message will come alive during these special presentations.

The Bethany Choir will be joined by the 25-piece Bethany Orchestra for this Christmas spectacular that begins Friday, December 7th, at 7:00 p.m., and continues Saturday, December 8th, at 6:00 p.m. and

Sunday, December 9th, at 3:00 and 6:00 p.m.

There will be four more presentations the following weekend:

Friday, December 14th, at 7:00 p.m.; Saturday, December 15th, at 6:00 p.m.; and the final two presentations on Sunday, December 16th, at 3:00 and 6:00 p.m.

All seats are free, with no reserved seating. There will be signing for the deaf and a nursery for infants provided in each of the eight presentations.

For more information, you can call the church at 789-2930.

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Life's Greatest Moment

Whoever believes in [Jesus] should not perish but have eternal life. — John 3:15

What a night for the Minnesota Twins baseball team in 1987! They had just defeated the Detroit Tigers and won the American League pennant for the first time in 22 years. More than 50,000 people, young and old, crowded into the Metrodome to welcome their victors home from Detroit. Banners were waving, horns were blaring, the crowd was cheering. There were even tears of joy.

The players were surrounded by members of the news media. One reporter in the crowd called out to Greg Gagne, the Twins' star shortstop, and commented, "This has got to be the greatest moment of your life." Quietly Gagne replied, "Actually, no. That was the moment I asked Jesus Christ into my life."

We enjoy high moments when some hard-won goal has been reached or a victory has been achieved. But as Christians, we realize that our times of triumph are less than dust and ashes compared with the moment we accepted Jesus Christ as our Savior. It's a decision that changes our destiny forever (John 3:15-16).

Have you experienced that greatest of all moments? If so, you have reason to celebrate. If you haven't, you can make that destiny-changing decision right now. —VCG

It's Your Decision

Your sin separates you from God, but His perfect Son died in your place, and rose from the grave. Turn in faith to Jesus Christ and accept God's forgiveness.

What you decide about Christ determines your destiny.

Activities at All Saints Parish

Thurs., Nov. 15th: 6:30 p.m., Rosary at St. Theresa's; 7:00 p.m., Mass at St. Theresa's.

Fri., Nov. 16th: 8:30 a.m., Rosary at St. Anthony's; 9:00 a.m., Mass at St. Anthony's.

Sat., Nov. 17th: 8:30 a.m., Rosary at St. Anthony's; 9:00 a.m., Mass at St. Anthony's; 4:30 p.m., Mass at St. Theresa's.

Sun., Nov. 18th: 8:30 a.m., 33rd Sunday in Ordinary Time - Mass at St. Anthony's ("Canned Goods Sunday"); 9:30 a.m., CCD grades K-6 meet in the Education Center at St. Anthony / grades 7-10 meet in the Parish Center of St. Theresa; 11:00 a.m., Mass at St. Theresa's ("Canned Goods Sunday").

Mon., Nov. 19th: 8:30 a.m., Rosary at St. Theresa's; 9:00 a.m., Mass at St. Theresa's; 7:00 p.m., Choir Rehearsal for 8:30/11:00 Choirs at St. Anthony's.

Tues., Nov. 20th: 8:30 a.m., Rosary at St. Theresa's; 9:00 a.m., Mass. at St. Theresa's.

Wed., Nov. 21st: 8:30 a.m., Rosary at St. Theresa's; 9:00 a.m., COMMUNION SERVICE (NO MASS); 7:00 p.m., No Cantata Rehearsal.

Thurs., Nov. 22nd: 9:00 a.m., Thanksgiving Day Mass at St. Anthony's. Everyone is asked to bring a "bread" to be blessed and to participate in the exchange of the breads (there will be NO evening Mass).

The "Good News" from First Baptist

We invite you to come and join us at the First Baptist Church of Agawam on Sunday, November 18th, at 9:30 a.m. for our morning service. Your greeters this Sunday will be Arline and Keith Buchanan and Harry and Betty Durant.

Our supply preacher, Chaplain Gage Hotaling, will lead the service. Our scripture reading will be from Philippians 1 verses 1 - 11 and will be followed by the Chaplain Gage's sermon, entitled "Keeping the Spirit of Thanksgiving."

Tuesday, November 20th: Mr. and Mrs. Club meets at 6:30 p.m.; Youth Group meets at 7:00 p.m. - Wash dishes for the Mr. and Mrs. Club.

Wednesday, November 21st: Mid-week prayer time at 7:15 a.m.; Trading Post Open from 10:00 a.m. to 5:30 p.m. (bring in any items you wish to place on consignment during these business hours).

Sunday, November 25th: Visiting Committee meets at 10:45 a.m.; Deacons' Meeting at 7:00 p.m. in Lockhart Parlor.

News & notes from Ag. Congregational

This Sunday, November 18th, at 10:30 a.m., we will celebrate Thanksgiving Sunday with Rev. Earl speaking on "Be Thankful Always." There will be two baptisms: Ethan James Timms and Sean Evan McCormick.

The Choir, under the direction of Michael D. Golzmane, will be singing two "Thanksgiving anthems" and also traditional Thanksgiving hymns.

THIS COMING WEEK...

Saturday: 10:00 a.m. to 3:00 p.m., Annual "Holly Wreath Bazaar."

Sunday: 4:00 to 6:00 p.m., Order of St. Luke Dinner and Induction Service; 7:00 p.m., Divorce Care in the Friendship Room. Newcomers welcome.

Monday: 4:00 p.m., Loaves and Fishes; 7:00 p.m., Strategic planning meeting.

Wednesday: 7:00 p.m., Ecumenical Thanksgiving Eve Service at St. John's Catholic Church, Main Street, Agawam.

Thursday & Friday: OFFICE CLOSED

DO NOT EAT THANKSGIVING ALONE. A community Thanksgiving Dinner will be on Thursday, November 22nd from 12:00 noon-3:00 p.m. at St. Thomas Church, Westfield Street, West Springfield. Rides and home delivery available. Please call Carol Treganowen (786-1912) or Barbara Amsden (733-8682). There is no cost.

"BE THANKFUL 2001": Event at Pioneer Valley Christian School, 965 Plumtree Road, Springfield, on November 23rd from 6:00 to 9:00 p.m. Music, food, and raffles!

New members to be received on December 2nd: Please see Rev. Earl if you are interested in signing up to join the church.

Looking for adventure? Then join Venture Crew 185

Venture Crew 185 in Agawam is organizing for the 2001-2002 season. Our Venture program is open to young men and women ages 15 to 21. Some of our activities include camping, hiking, rock climbing, canoeing, and visiting historical places.

Where: The Agawam Baptist Church (Main Street and Elm Street).

When: Wednesday evenings at 7:00 p.m.

For more information, contact Ray LaBorde, 789-0097, or Mike Bitgood, 786-5394.

Upcoming events at Faith Bible Church

We at Faith Bible Church wish all of the families in Agawam and Feeding Hills a very happy and safe Thanksgiving. We pray that all who travel will do so safely and enjoy their time with family and friends.

Thanksgiving can be a difficult and lonely time for some who have no family close by, so we will be having a dinner at our church on Shoemaker Lane on Sunday, November 18th. The first sitting will begin at 5:00 p.m., and the next will be at 6:00 p.m.

No one should be alone during the holidays, and our blessings and invitation go out to all.

Calendar:

* **December 1st:** Men's Breakfast beginning at 9:00 a.m.

* **December 7th:** A dance recital for the creative dance classes held at the church twice a week. (More information will follow.)

Sponsored by Bethany Women's Ministry...

"Gifts & Good Taste" at Captain Leonard House

The "Gifts & Good Taste" Holiday Fair - sponsored by the Bethany Assembly of God Women's Ministry - will be held at the Captain Leonard House, Main Street, Agawam, on Friday, November 30th, from 4:00 to 8:00 p.m., and Saturday, December 1st, from 10:00 a.m. to 3:00 p.m.

There will be holiday gifts and decorations, hand-made gift items, and a bake sale. A luncheon will be held on Saturday, December 1st.

Proceeds from this fair will benefit Mission Projects at home and abroad.

Santa Claus is coming to town!

On Saturday, December 1st from 9:00 a.m.-3:00 p.m., St. John's Special Parish Event sponsored by the Catholic Women's Club of Agawam and St. John's Guild will be held at the church at 833 Main St.

It's that time of year again. Come and enjoy lunch, buy raffle tickets, purchase Christmas gifts, and just enjoy the many different booths of toys, attic treasures, jewelry, baked goodies, plants, knitting, and handmade sewing items.

See you there!

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Spotlight on Business



FOR THE PAST 15 YEARS, ROBERT & BARBARA MCELLIGOTT (left photo) have been the owners and operators of Surprise! Hallmark Card & Gift Store at the Southgate Shopping Plaza on Suffield Street. In right photo: The staff of Surprise! Hallmark Card & Gift Store (from left): Barbara and Robert McElligott (owners), Marilyn Curry, Pat Melloni, Fran Leclerc, and Rita Lollo. Advertiser News photos by Kay Saltmarsh.

"Surprise!" Hallmark Store provides cards, gifts & so much more

by Kay Saltmarsh
Feature Writer

When you walk into **Surprise! Hallmark Card and Gift Shop** on Suffield Street in the Southgate Shopping Plaza, you hear the sound of Christmas music, the smell of cookies, you see a variety of gifts for any occasion and owners Robert and Barbara McElligott in a homelike atmosphere, who will do "anything possible to please a customer."

The McElligotts are the proud owners of **Surprise! Hallmark Card and Gift Store** and will be celebrating 15 years of business in June.

Their store offers a wide variety Hallmark Cards and gifts such as Precious Moments, Plush stuffed animals, Snow Babies, Sarah's Angels, Boyd's Bears, Harry Potter items, all kinds of ornaments, and much more.

They also offer various lines of items, such as nature sketchbooks with artwork by Marjoline Bastin, San Francisco Music boxes, gift books for children and adults, clowns, collectable dolls, a wide assortment of Venton cranberry glass, and Camille Beckman personal care items such as hand creams and lotions.

"During the holiday season, we offer several exclusive Hallmark Gold Crown products," Mrs. McElligott added.

The store always had the seal of the Hallmark Gold Crown since they purchased it in the mid 1980's and to keep that Hallmark crown, they must meet standards, McElligott said.

"The store must be in proper manner, as a salesperson in the area comes in once a year to make sure we meet all the qualifications," McElligott said.

To make sure the store keeps its customers satisfied, the Hallmark Customer Service Department gives out surveys four times per year and the customers are urged to respond to the surveys in exchange for coupons they can use on their purchases, McElligott said.

"Our store is rated by approximately 100-150 customers every three months and we receive good and honest feedback," McElligott added. "It's nice to be able to help customers find special items and fulfill their wishes." McElligott said he likes being co-owner of **Surprise! Hallmark Card and Gift Store**, because he believes in personal service and likes making his customers happy, including placing special orders.

Mrs. McElligott said she likes almost everything about being co-owner from talking with customers to arranging displays and assisting with gift giving needs.

"We are happy that our customers are loyal and we try to make everyone happy," Mrs. McElligott added. "I like hearing customers say this is their favorite store! We also offer specials through national advertisements in magazines, TV, postcards and catalogs to selected customers on a mailing list."

In fact, the McElligotts ordered 100 Hallmark holiday catalogs that will be available this week until supplies run out.

plies run out.

Their store currently has a special, where if you purchase three Hallmark cards, you will receive a water globe for \$12.95 (without the special promotion, it's \$29.95, McElligott said.

"The next promotion the store will offer will be when you purchase three Hallmark cards, you will receive a Christmas book free (valued at \$7.95)," McElligott added.

The store will also offer "kiss-kiss bears," which are collectable items in recent weeks ahead.

In addition to their promotions, **Surprise! Hallmark Cards and Gift Store** offers free gift-wrapping free of charge all year around.

When asked if the economic slowdown will affect business, McElligott said, "I'm hoping the economy won't have a negative effect on our business. Maybe more people will stay away from the malls and shop at our local store and purchase personal gifts."

The McElligotts have resided in Southwick for the last seven years and have a son, and a daughter with two grandchildren.

Surprise! Hallmark Card and Gift Shop is open seven days a week. Their store hours are Monday through Saturday, from 9:00 am-9:00 pm and Sunday from 10:00 am-6:00 pm. "We have good service with friendly and warm sales people to help choose the perfect gift for any occasion," the McElligotts agreed. "We like making our customers happy!"

Directors sought for Small Business Assistance Center

Mayor Richard A. Cohen has announced that he is accepting letters of interest from individuals wishing to serve on the Agawam Small Business Assistance Center Board of Directors.

The Small Business Assistance Center - to be located at 1325 Springfield Street (The Community Shops) - is the joint effort of the Town of Agawam, the STCC Enterprise Center, and the Agawam Chamber of Commerce. The Agawam Small Business Assistance Center will be a resource for free professional consulting, counseling, and information for people who want to start or improve their own small business.

SEE SMALL BUSINESS- Page 25

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Michael Martin earns professional degree at MassMutual

Michael E. Martin, CEP, of Agawam, a representative of Massachusetts Mutual Life Insurance Company, part of the MassMutual Financial Group, has earned the Family Business Specialist designation.

The credential, conferred by the American College in Bryn Mawr, Pennsylvania, is an academic achievement signaling successful completion of a series of examinations covering business and financial information for family businesses. It is regarded as a professional milestone and reflects a commitment to enhanced client service through continuing education.

Martin is the agency Estate and Business Planning Director for the Novak Financial Group, a general agency of MassMutual, located in Springfield. He is a member of the Million Dollar Round Table as well as MassMutual's Leaders Club.

Martin is also a Certified Estate Planner (CEP), having earned that designation from the Liberty Institute in Matteson, Illinois.

Martin works in conjunction with clients' attorneys and/or accountants on estate planning strategies. He is currently attending the Richard D. Irwin Graduate School at the American College, pursuing his master of science degree in financial services.

He is a member of the Hampden County Estate Planning Council, the National Association of Insurance and Financial Advisors, as well as the National Council of Certified Estate Planners.

He lives in Agawam with his wife, Tracy, and their daughter, Samantha. Michael Martin can be contacted at (413) 452-5393 or MichaelMartin@finsvcs.com.

Tammi Benson becomes Tastefully Simple consultant

Tammi Benson of Feeding Hills recently became a consultant for Tastefully Simple, Inc., a national direct sales company based in Alexandria, Minnesota.

As a consultant, Benson conducts in-home presentations of upscale, convenience driven gourmet foods. During these interactive taste-testing parties, guests receive easy meal ideas, recipes, and entertainment suggestions.

Products are received at the party; gift boxes may be ordered for personal and corporate gifts.

Benson joins over 2,800 consultants in 47 states who have discovered Tastefully Simple's high quality products and income potential.

Founded in 1995, Tastefully Simple offers small indulgences for busy lives.

For more information on Tastefully Simple and business opportunities, contact Tammi Benson at corporate headquarters at 320-763-0695, or visit the Web site at www.tastefullysimple.com.

JoMaria Velez joins Woronoco as loan officer

Woronoco Savings Bank recently announced that JoMaria Velez has joined the Bank's Consumer Lending and Residential Mortgage Department as a loan origination officer. In her new position, JoMaria will be responsible for residential mortgage origination in the Greater Westfield area, including Agawam, Feeding Hills, Southwick, Westfield, West Springfield, and parts of Northern Connecticut.

As an off-site loan originator, JoMaria is available to meet with customers at their convenience for mortgage consultations and pre-qualifications virtually any time, any place. She offers flexible, non-traditional hours which include evenings and weekends. JoMaria can be reached at 413-564-6312.

JoMaria has more than 17 years of banking and lending experience. Prior to joining Woronoco in January as a Senior Teller at the East Longmeadow office, JoMaria worked for First Massachusetts Bank (formerly SIS Bank). She is a volunteer for the Springfield School System's Read Aloud Program and the Christmas in April program. She and her family reside in Springfield.

Woronoco Savings Bank provides a wide variety of



JOMARIA VELEZ

financial services, including consumer banking, mortgage lending, commercial lending, business banking, and trust and investment management services through its 12 branch offices located throughout Hampden and Hampshire Counties in Western Massachusetts. The Bank also offers a full line of property and casualty insurance products and various life insurance and group life, group health, and accident insurance products for individuals and commercial clients through its subsidiary Agan Insurance Agency, Inc.

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Negligence & Tort

Improper installation of electrical fixture Fall from ladder

The plaintiff was a 43-year-old maintenance electrician who received electrical shock injuries and allegedly sustained significant orthopedic injuries when he attempted to service an electrical fixture installed by the defendant at the plaintiff's employer's place of business.

The plaintiff alleged that the substandard and negligent installation of the fixture resulted in exposure of a bare wire causing him electrical shock and a resulting fall from a stepladder, which caused damage to his shoulder and knee.

The parties had sharply opposing views as to the casual relationship of the plaintiff's physical condition to the accident, as well as the cause of the accident. The defendant filed a third-party suit against the supplier of the electrical fixture, and the third-party defendant then joined the fixture's manufacturer.

The defendants asserted that the plaintiff failed to

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon..

establish the precise cause of his injury, and that his present knee injuries were due to degenerative change from prior accidents. The defendants also claimed that the plaintiff's own negligence in working on an energized light fixture was the proximate cause of his injuries.

The plaintiff's experts were prepared to testify that the fixture was improperly installed and that the negligent installation, without any evidence of subsequent tampering or repair, was the proximate cause of the plaintiff's injuries.

The case settled prior to trial for \$250,000.00.

Attorney Alan F. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

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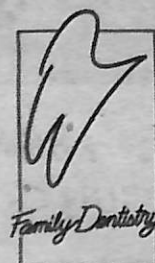


Left to Right: Dr. Eugene Markowski,
Dr. Dawn Cooley and Dr. Robert Fridlind

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The secret of living well

(Part 2)...

Several years ago, I came across the "Ten Commandments of Family Life" listed below. Although my family has always strived to practice each of these commandments, I thought the wording was **short and sweet ... and to the point.**

Thus, I hung it up in our kitchen, and it's been there ever since. My boys and I look at it on a regular basis. See what you think...

1. I shall be considerate at all times.
2. I shall respect the rights, privileges, sensibilities, freedom, and privacy of all others in the household.
3. I shall put my clothes where they belong and shall not clutter up any part of the house ... and that which is done in my room shall not be the business of others unless it infringes on their rights.
4. That which I take out I shall put back immediately.
5. I shall not take anything which belongs to someone else without asking.
6. I shall do my share of the work.
7. I shall attempt to do all things the way they were meant to be done.

8. I shall not waste heat, hot water, electricity, or anything else.

9. I shall give advance notice of my comings and goings, especially if they will keep me away at meal-time.

10. I shall not criticize others in my house, nor ridicule their views, nor prolong a dispute.

"If we try to live by the spirit of these rules, ours will be

a happy home, whatever difficulties beset us."

Cut out these "Ten Commandments" and review them with each family member ... it will give everyone a great set of guidelines to live by.

Need Real Estate Information Quickly?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home?

Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam, and President/Founder of Rose Real Estate Group, a professional real estate and financial services firm serving home-buyers throughout the area.

Comments and questions can be directed to him at 846-0961 or via his e-mail at RaymondRose@aol.com.

Listen to his pre-recorded Home Buyer's Info-Line at 846-0923 ... and feel comfortable to contact him via e-mail to receive his FREE online newsletter ... it's filled with informative and money-saving info helping to "keep life simple." Thanks!

Personal Computer Solutions offers "house calls"

Ken Athas, owner of **Personal Computer Solutions** in Feeding Hills, started his business in October of 2000.

PCS is a computer business that sells complete systems and accessories, upgrades existing systems, and makes repairs as well as training and/or installation of systems.

The unique concept of Ken's new business is that he serves his customers in the comfort and convenience of their home or office.

In doing so, he hopes to take the anxiety out of getting your computer back on track.

You might say it's like the days when doctors made "HOUSE CALLS." Most repairs are done at your location, saving you both the hassle of disassembling the system and transporting to a store when and if you manage to find the time. Nights and weekends are when most appointments are held.

All major upgrades, and custom built systems will be picked up and delivered at no extra cost to you.

Occasionally, you might see one of Ken's sons with him, helping to install and set-up systems.

With this new and innovative concept in customer service, Ken hopes to put both boys, who are in high school currently, through college.

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Domestic Law Issues...

From The Law Offices Of
Patricia M. Hebert, P.C.
360 Springfield Street
Agawam
(413) 786-2211

Case Management Conference

Question: I have been waiting for the assignment of a pre-trial conference in my divorce case for approximately three months. When I recently called my attorney to ask how much longer before my court date was assigned, I was told that a new court procedure called Case Management Conference has been instituted. What is a Case Management Conference?

Answer: The Hampden County Probate Clerk's Office has published the following statement, which describes the recent change in the pre-trial conference procedure and the activities of the Case Management Conference.

The Hampden Division of the Probate and Family Court Department has announced a change in the pre-trial conference procedure. Pre-trial conferences will only be scheduled after the completion of discovery. The purpose of the change is "to make the pre-trial conferences more meaningful and to save time and expense for attorneys and parties," said First Justice David G. Sacks in making the announcement.

The current "Request" form will continue to be used. However, in those instances where there is a "no" to the "discovery is complete" certification question, or where there is no response at all, the Request form will be returned. It is important for all to note that a Pre-Trial Conference at this point will not be allowed nor be scheduled.

If there are issues necessary to be addressed in advance of completion of discovery, a Case Management Conference will be scheduled upon request. Also, a motion may be presented for the Court to establish a discovery schedule. If parties agree to a discovery schedule, the motion may be heard in the Uncontested Register's Session on Monday and Wednesday mornings.

This new process has been implemented after careful and deliberate analysis revealed that, on average, in every 15 pre-trial conference hearings, four of them were encumbered by problems associated with discovery.

These problems not only slow the docket, but interfere with the effective management of those cases where discovery is complete.

Work Opportunity Center Breakfast honors employers

Work Opportunity Center, Inc. held its 11th Annual Employer Appreciation Breakfast on Tuesday, October 23rd at Oak Ridge Country Club in Feeding Hills.

Work Opportunity Center is located in Agawam and has been providing the developmentally disabled of the greater Springfield area with vocational training and community employment since 1969. Work Opportunity Center, Inc.'s mission is to procure community employment for individuals.

Executive Director Robert F.L. MacDonald, said, "Individuals with developmental disabilities benefit tremendously from community employment. They become economically independent while simultaneously developing a new self-concept."

Representing Acting-Governor Jane Swift was Mary Jenewin-Caplin, Director of the Governor's Western Massachusetts office, who delivered the keynote address and presented each award recipient with a Gubernatorial Citation.

This year's recipients of the "Quality Employment Award" were B & D Pallet of Westfield, Time Design of West Springfield, Walmart of Westfield, Wendy's Old-Fashion Hamburgers of Springfield, Longmeadow Senior Center, and Super Stop & Shop of Westfield. To be eligible for this award, a corporation has to have hired a developmentally disabled individual and the individual must be on the employer's payroll for a minimum of six months.

This year's "Natural Supports Award" winners were Donald Goyette, manager of the Chicopee Industrial Park, and the employees of Time Design of West Springfield. To be eligible for this award, co-workers or supervisors must assist the developmentally disabled individual maintain their employment and develop new and mutually beneficial friendships with their co-workers.

Recipients of the "Outstanding Achievement Award" included Lucille Borowski of Governor's America in Agawam, Brian Henson of the Registry of



WORK OPPORTUNITY CENTER, INC. of Agawam held its 11th Annual Employer Appreciation Breakfast at Oak Ridge Golf Club. The keynote speaker was Mary Jenewin-Caplin, director of Governor Jane Swift's Western Mass. Office (left). Lucille Borowski of Governor's America of Agawam was an award winner (center). Also in photo is Robert F.L. MacDonald, executive director of the Work Opportunity Center.

Deeds in Springfield, Eugene Krupa of Sampson's Funeral Home in Springfield, Christopher Lester of the Longmeadow Council on Aging in Longmeadow, and Curtis Menton of the Springfield Boys Club in Springfield. To be eligible for this award, a developmentally disabled individual must be employed in the community for a minimum of two years.

At the close of the breakfast, MacDonald said, "Corporations who employ individuals with developmental disabilities should be commended. These corporations will become role models for other companies in the future. They realize hiring individuals with developmental disabilities is a prudent business decision because they gain an employee who is appreciative of the opportunity to work and demonstrates a good work ethic."

SMALL BUSINESS - from Page 22

Professionals from the Service Corps for Retired Executives (SCORE), the Massachusetts Small Business Development Center (MSBDC), and the Western Massachusetts Enterprise Fund will provide training on how to prepare and communicate a busi-

ness plan; do a feasibility study or market research; and gain knowledge on business management, financing, technology, and other related topics.

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For Your Health

From Baystate Medical Center...

"Healthful Gourmet" Peter Savenko of Agawam offers tips for a healthy holiday meal this Thanksgiving

Peter Savenko of Agawam - Baystate Medical Center's "Healthful Gourmet" - has a number of "healthful" recipes for you and your family to enjoy this holiday season.

"These special holiday recipes all use common sense, health-conscious principles and practices," said Savenko, director of Food and Nutrition Services at Baystate Medical Center. "We have taken your classic turkey dinner and modified it to make it healthier," he added.

Among the modifications designed to make the recipe a "Healthful Gourmet" staple are:

- * The use of tofu in a Cheddar Broccoli Bake recipe as a replacement for cheese and as a replacement for milk in a recipe for Strawberry Pudding. "The nutritional benefit of tofu is that it's completely cholesterol-free, low in fat, and high in protein," said Savenko.

- * Margarine is used instead of butter, and egg substitutes are used instead of eggs in order to cut cholesterol levels of recipes.

- * Minimal added salt was used for flavor.

- * Savenko cooks the stuffing outside of the bird, especially if it contains egg or egg products, so that it will cook thoroughly.

- * Savenko's recipe for cranberry relish offers a much higher fiber content than canned cranberry sauce and has no preservatives.

"When it comes to the holidays, although you should always be health conscious, don't be health foolish," said Savenko. "The holidays don't come very often and are meant to be enjoyed. An occasional plunge should not harm anyone if done in moderation."

TOFU CHEDDAR BROCCOLI BAKE

Yield: 6 - 4 oz. servings

Ingredients

- 1 lb. broccoli, coarsely chopped
- 8 oz. whole kernel corn
- 8 oz. firm tofu (drained)
- 8 oz. shredded low-fat, low cholesterol cheddar cheese
- 1 medium Spanish onion, diced
- 1 cup plain bread crumbs
- 1 tbsp. chopped garlic
- 1 tsp. vegetable oil.

In a large non-stick skillet, over medium heat, saute garlic and onions in 1 tsp. vegetable oil until transparent. Add 8 oz. tofu and continue to saute until the tofu

is well broken up.

Place tofu mixture into a medium size mixing bowl. Add all remaining ingredients and mix thoroughly with a wooden spoon.

Pour all of the ingredients into a small Pyrex casserole dish. Bake at 350 F in preheated oven for 30 minutes.

Serve hot out of the oven.

BAKED ACORN SQUASH

Yield: 4 servings

Ingredients

- 1 medium acorn squash
- 2 tbsp. brown sugar or maple syrup
- 4 tsp. margarine

Preheat oven to 350 F. Quarter acorn squash, remove seeds; place cut side up in a roasting pan.

SIRLOIN ROAST

Ingredients

- 6 lbs. sirloin roast (fat removed)
- 2 tsp. beef base
- 2 cups water

Preheat oven to 250 F. Place roast on a wire rack inside of a roasting pan. Place roast in oven for approximately 2-1/2 hours or until internal temperature of roast reaches 140 F.

To make au jus, bring 2 cups of water to a boil. Add beef base and stir until dissolved. Use as a gravy for

roasted beef.

ROAST TURKEY

Yield: 1 big family

Ingredients

- 25 lb. turkey (well-thawed)

3 tbsp. onion powder

Prior to roasting the turkey, the following steps must be followed:

1. Turkey must be completely thawed under refrigeration prior to roasting. This can be accomplished by moving the turkey from the freezer 3 days prior to roasting and placing it in a shallow roasting pan where it can thaw in your refrigerator.

2. Remove neck and giblets from cavity of turkey.

3. Rinse interior and exterior of turkey thoroughly with cold water.

The turkey is now ready to be roasted.

Preheat your oven to 250 F. Dust the turkey with the onion powder and then place the turkey breast down on wire rack in roasting pan. Place turkey into oven at 250 F for 10 hours. After 10 hours, turn turkey over breast side up. Increase oven temperature to 350 F. Put turkey back into the oven for 1 hour. Check internal temperature (in thigh). Temperature should read 160 F. If it does not read this temperature, put the turkey back in until it reaches the 160 F temperature.

(More recipes will be published next week...)

Due to the Thanksgiving holiday next week, the deadline for our next edition is Sat., Nov. 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc.



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from

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Your Back And Your Health

by
**Dr. Joseph S.
Schlaffer**
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Water skiing-related injuries...

Recently, a local resident entered my office with complaints of neck pain and numbness in the arm and hand. He had wrenched his neck during a hard fall while water skiing. The result was dramatic: a whiplash injury to the cervical spine (neck).

Misaligned spinal vertebrae were compressing in the brachial plexus, a large network of nerves that originate in the neck and run into the arm/hand. No wonder this young adult male (who was in superb physical condition) was in pain. Nerves were being pinched.

The unfortunate and frustrating part is that this individual had been examined and unsuccessfully treated by local medical physicians. He was not referred for appropriate chiropractic treatment.

Chiropractic treatment has alleviated the pain and is now working to restore proper function to the neck. Muscle relaxers and anti-inflammatory medications are no longer necessary.

Water skiing - like so many sports - can be traumatic to the joints of the body. Sports accidents often generate health problems that can last a lifetime, unless appropriate detection and correction are sought out.

If you or your children experienced a bad fall or traumatic injury while engaged in summer sports, a chiropractic examination is in order.

The Schlaffer Chiropractic Office, 192 Shoemaker Lane, emphasizes the health of Agawam's athletes and is well-equipped to examine and treat those who have been injured. Call us at 789-1369.

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Chiropractic Care

by **Dr. Tami Nelson**
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Learning to listen to your body...

Over the years, I have learned there are good things to do for the body and there are not-so-good things. It's amazing how many times I repeat the not-so-good things again and again. Some of them are tasks that are unavoidable, but some of them I just keep doing anyway!

The following is a list of "bad back" ideas that I have, unfortunately, experienced too well:

1. Changing the sheets on your child's bunk beds. This activity is brutal on the back, never mind the head! Whoever designed bunk beds must have never made the bed. The body needs to be contorted in impossible positions to tuck those sheets in. This is even more taxing if the bunk beds are against a wall. One starts to reassess how dirty the sheets really are, or tries to convince the children that it's fun to sleep in sleeping bags all the time.

2. Another activity involving beds that is bad for the back is trying to flip over the mattress alone. I don't know why, but spouses are never around when this activity needs to be done. Unfortunately, I've got too much of my mother's neurotic behavior to leave the bed unmade until evening. I do not advise flipping the bed alone; however, not only will it probably end in the same position it was already in, but this activity is sure to invoke words that are not very often spoken. If your luck is anything like mine, there would most likely be a child within earshot! Don't do this activity alone

For businesses/services, our classified ads cost just \$15 per week for 30 words or less; for all other classifieds, the cost is \$10. However, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030...

- your back, your frustration level, and your child's innocence will be forever compromised!

3. Another "bad back" idea is trying to carry all the shopping bags in from the car at once. Those plastic bags are very handy ... I can carry triple compared to paper. I don't know why I insist on the carryall method as opposed to the several trips technique, but I do. It's really stupid because this can be and should be avoided. Too much stress on the body can cause it to strain the musculature. This problem is also similar to trying to carry all the dirty clothes down the cellar stairs in one trip. Avoid this tendency; it's not a wise thing to do. Save the back!

4. The last bad back idea is NOT to listen to your body. If you've done too much activity, the body usually gently informs you of this. It sends messages of achiness, fatigue, pain, etc. Ignoring those signals and trying to finish cleaning the last window ... or carrying the air conditioner downstairs ... or finish raking the leaves ... is just not worth it. That's when the body just gives up and says, "THAT'S IT. I'M DONE!" The muscles spasm, the spine "locks up," and the pain begins. This sprain/strain of the back can take several weeks to get better.

It's much easier to prevent problems from occurring, so:

* Get rid of the bunk beds (or teach your child to make the bed).

* Flip your mattress with others.

* Make several trips to the car (I've got to work on this one) or to the laundry.

* LISTEN to your body ... STOP when you need to.

If you did a "bad back" activity and are in pain, call our office today.

Dr. Tami Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.



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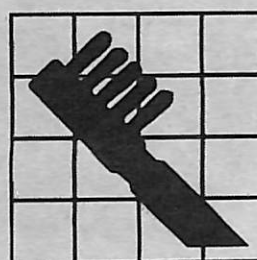
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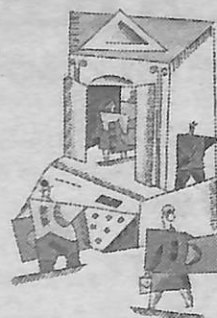
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Cancer Support Group holds weekly meetings

Persons with cancer, their families and friends, or persons who have lost a loved one to cancer, are invited to attend Mercy Hospital's Cancer Support Group.

The free meetings are conducted Mondays at 7:00 p.m. in the hospital's Deliso Conference Center, 299 Carew Street, Springfield.

The group offers information on topics of interest to people with cancer, and provides an opportunity to share experiences in a friendly, supportive atmosphere.

Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

A break-out group, designed specifically for those who have lost a loved one to cancer, meets on the first Monday of the month.

A break-out group for caregivers, meets on the second Monday of the month.

Private sessions are also available for young people who have a parent with cancer.

Please call the Pastoral Care Department, (413) 748-9453, for more information.

Smoking cessation group at Mercy Hospital

A support group for persons interested in quitting smoking meets Monday evenings, 6:00-7:00 p.m.

The group's meetings are held in the fifth floor conference room at Mercy Hospital, 271 Carew Street, Springfield.

Sponsored by the Providence Hospital Tobacco Control Program, the group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support.

Free nicotine patches and gum may also be available for qualified participants.

If you have any questions or would like to receive more information, call the Tobacco Control program, (413) 493-2039 or (413) 535-1000.

Support for "essential tremor" sufferers

Do you have "essential tremor" (shaking hands, voice, or head for no known cause)? You are not alone. Millions of men, women, and children in the United States have it, too.

The Connecticut River Valley Essential Tremor Advocates is a support group that meets on the fourth Wednesday of the month at 6:00 p.m. at the Chicopee Senior Center, 7 Valley View Court, Chicopee.

We invite you to join us to explore treatments and share coping strategies for essential tremor.

For more information, please call Judy at (413) 594-7674.

TOPS meets on Mondays in Westfield

TOPS (Take Off Pounds Sensibly), Chapter #411, meets Monday mornings at the Second Congregational Church at 487 Western Avenue, Westfield (near Stanley Park).

Weigh-in is from 9:00 to 10:00 a.m. The one-hour meeting begins at 10:00 a.m. The group is informative, supportive, and a lot of fun.

Come visit us and make a new beginning. For more information, contact our co-leaders, Barbara, 568-8326, or Deb, 568-8374.

"For Your Health" is just one more reason why you turn our pages each and every week ... ADVERTISER NEWS!!!

La Leche League to meet on November 19th

Whether you breastfeed your baby for six days, six weeks, or six months, you'll find La Leche League meetings supportive and informative.

LLL of West Springfield/Agawam will meet on Monday, November 19th, at 7:30 p.m. Mothers with their nursing babies and mothers-to-be are welcome.

For directions to the meeting or more information, please call Chris at 736-3238.

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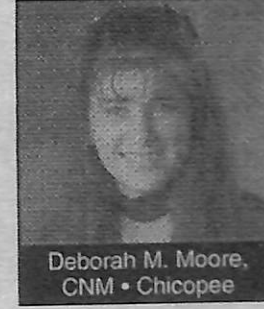
Margaret L. Lucey, CNM, MSN • Agawam



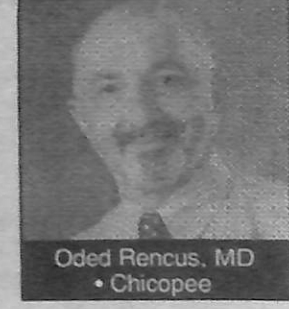
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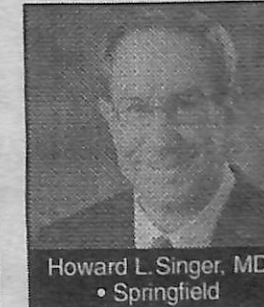
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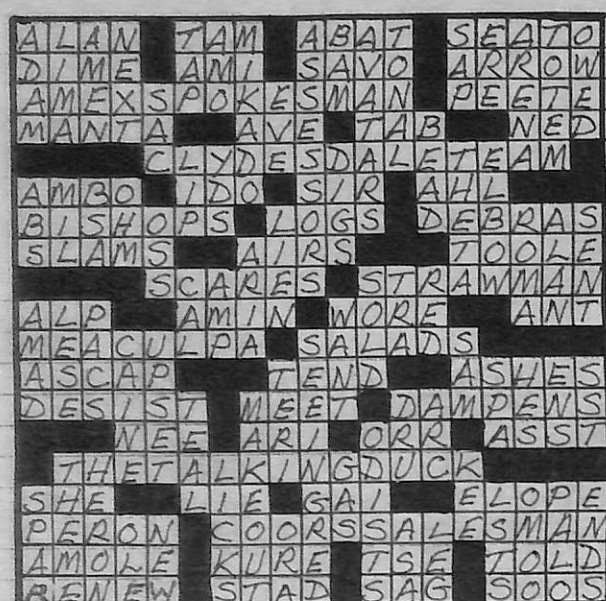
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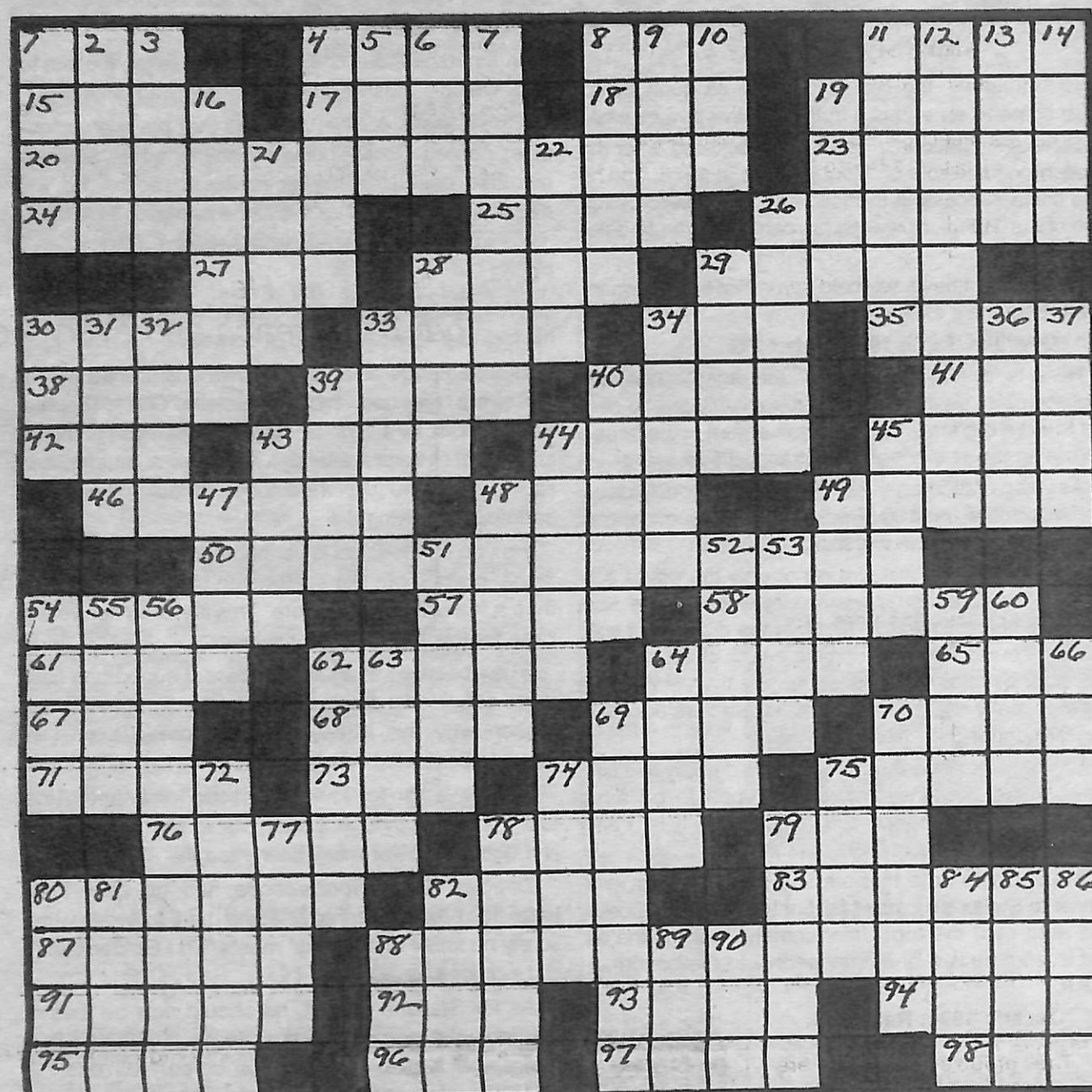
ACROSS

- 1 Pirate's legacy
- 4 Coal site
- 8 _ Lanka
- 11 Slightly opened
- 15 Words of comprehension
- 17 Toledo's waterfront
- 18 Against word
- 19 Slender wine glass
- 20 Kipling novel for children
- 23 Like some paper
- 24 Credos
- 25 Antique autos
- 26 Traveled far and wide
- 27 Bee follower
- 28 Old card game
- 29 Desert mount
- 30 Sail supports
- 33 Cross over
- 34 Wheel with teeth
- 35 Thomas the clock-maker
- 38 Gets on one's nerve
- 39 Bed board
- 40 Soft cheese
- 41 Palooka of comics
- 42 Hit the slopes
- 43 Stag quaff
- 44 Vocal examinations
- 45 Hayworth who played Gilda
- 46 Work diligently
- 48 _ the night....
- 49 Drew a bead on
- 50 Pachyderm groups

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- 54 Sandbar
- 57 Tarzan's pals
- 58 Smelled strongly
- 61 Difficult
- 62 Kitchen tool
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- 65 Hair of the _
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- 69 Begged
- 70 Father
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- 96 Heel and _ (dance)
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Meet The Master - by Dick Mastroianni...



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- 8 Go fast
- 9 Kanga follower
- 10 Do a John Hancock
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- 12 B movie character of yore
- 13 Suits to _
- 14 Funny Foxx
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- 33 Hit the sack
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- 47 Peruse
- 48 Uses the VCR
- 49 Summer coolers
- 51 Author Bret

- 52 Went wrong
- 53 Actress Donna
- 54 Orca skipper in "Jaws"
- 55 Patriot Nathan
- 56 Sumatra ape
- 59 Singer Adams
- 60 College quarters
- 62 Scottish family groups
- 63 Lady Chaplin
- 64 Look ahead
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- 69 Ape
- 70 Smithy's at times
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- 74 Louis foe Max
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- 77 No ifs, _ , or buts
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"Artisan Fair"

at the Leonard House

The first "Artisan Fair" is to be held at the Captain Charles Leonard House on Saturday, November 24th, from 10:00 a.m. to 4:00 p.m. The original idea for this fair was to highlight local artisans and their creativity; however, this has been overshadowed by the "Children to Children" project.

This Fair is an opportunity for local artisans to show their creativity, and for others to purchase one-of-a-kind quality gifts for the holiday season and beyond. Local artisans will display items that range from the perfect stocking stuffer to the most exquisite gift for the truly treasured person on your list.

Among these artisans will be local children who have shown their creativity through a project called "Children to Children." All items at this booth will have been created by local children, with all proceeds going to the children of Afghanistan. These children found a way to heal through sharing. For further information on the "Artisan Fair," "Children to Children," or available booth space, please call Sally at 789-4067.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Sat., Nov. 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, etc.

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Slip "Slying" away...

Unfortunately, the old saying that all good things must come to an end is a truth in Hollywood as well.

Sylvester Stallone's career skyrocketed after he brought the title role of "Rocky" to life in 1976, and he had some success in the following few years. By the end of the 1980s, however, his career began to deteriorate.

This week, I have selected some films that demonstrate Stallone's slow demise.

* "Over the Top": 1986. Rated PG.

Here is a movie bomb for the ages. Sylvester Stallone stars as an uneducated truck driver who sets out to win a big arm-wrestling tournament in the hopes of gaining the respect of his estranged son.

As you would infer, this movie is dangerously close to the formula used in "Rocky" - with the exception that this time it's arm-wrestling.

The trouble with this film is not only the putrid acting and the exceptionally weak story line, but it is also just plain boring to watch. Much of the discontent with this film comes from the complete lack of any kind of character development; consequently, the viewer cannot ever really relate to any of the characters because they are paper-thin.

Basically, the only people who would enjoy this film are die-hard Stallone fans who happen to be arm-wrestling aficionados. Otherwise, there really isn't any kind of attraction here.

It is ironic to note that the title of this film is very similar to Stallone's career, in that he had his success and went over the top. Unfortunately, that means all that is left now is a beeline nosedive to the bottom. **1 STAR.**

* "Oscar": 1991. Rated PG.

Stallone stars in this farce about a crimelord who attempts to turn over a new leaf. The film is quite obviously an attempt at changing Stallone's image. After watching, it is obvious it didn't work.

First off, if you attempt to change an actor's image (especially one who is known for such a timeless movie role as Rocky Balboa), you must have some potentially strong material do to so successfully. This is one area where this film fails miserably.

Director John Landis' commendable talent also

seems wasted on this picture, since he resorts to detailed camerawork (which seems to be his only visible mark on this picture).

Another issue which certainly plagued this film is the fact that there was virtually no significant or substantial supporting cast. This ultimately does nothing more than isolate Stallone's performance to the point of extreme scrutiny.

In a nutshell, Stallone should have taken the cue to stick with his most reliable film genre - action films.

One thing is certain; it seems that playing a character named Oscar should be cherished by Stallone because based on his recent track record, he will never win the award by the same name. **2 STARS.**

* "Stop! Or My Mom Will Shoot": 1991. Rated PG-13.

Well, guess who is back, now further abandoning his forte by trying his hand at comedy?

Stallone stars as an L.A. cop who is graced with a visit from his dear mother. Estelle Getty (Sophia Petrillo from TV's "The Golden Girls") plays his mother. When she inadvertently witnesses a murder, her stay is extended just long enough to foul up her son's attempts at solving the crime.

As you can tell, this is yet another contrived formula that plays more like a television situational comedy than a feature motion picture. This is not exclusively a case for this film's failure, however.

The absence yet again of a decent supporting cast takes substantial depth away from the film (mainly the reason why this is like a TV sit-com). These two aspects combined nearly doomed the film early on.

A final factor for this film's disappointment is the fact that even though it attempts to be a comedy, it just doesn't deliver many hearty laughs.

Director Roger Spottiswoode had no easy task here, folks, considering what he had to work with; surely he knew that "Rocky" meets "The Golden Girls" just wouldn't fly.

As for Stallone himself, he should now be aware that in regard to trying to change his image and film genre, he should "stop! or his career will end!" **2 STARS.**

* "PISANO'S PICKS" REVIEW GUIDE: **5 STARS - Extraordinary; 4 STARS - Excellent; 3 STARS - Good; 2 STARS - Average; 1 STAR - Watchable; 0 STARS - Avoid.**

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.



HAVING A "FANTASTIK" time with the Exit 7 Players: back row - Monica Hanofee and Chris deJongh of Agawam; front row - Gene deJongh of Agawam and Ray Zorin.

"The Fantastiks" being performed by Exit 7 Players

"The Fantastiks," the longest-running show in the history of American musical theatre, is currently being presented by the Exit 7 Players at the Chestnut Street Theatre in Ludlow.

Award-winning director Vickie Phillips has assembled a top-notch cast of accomplished singers/actors, including Monica Hanofee, Gene and Chris deJongh (father/son) of Agawam, Sam Bauduccio, Ray Zorin, Cheryl LaRiviere, Marian Kuehn, and Martha Moriarty. Music director Amy Crawford also conducts the orchestra, which features Ed Dupont, Bonni Drumheller, and Sheri Jyriangi. The choreographer for the production is Jenn Bauduccio.

The remaining performances are scheduled for November 16th, 17th, 23rd, and 24th at 8:00 p.m. For tickets and additional information, call (413) 583-4301 or make your reservations online at www.exit7players.com.

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AMONG THE PERFORMERS in the St. Martha Players' "High Society" are (from left) Moonyean Field, Ron Blanchette, Christine St. Amant, Alicia Bonavita from Feeding Hills, and Je'sus Tenenbaum.

St. Martha Players Cabaret Theatre presents *High Society*

The St. Martha Players of Enfield will be staging their fall musical, *High Society*, in Goulet Hall of St. Martha Church at 214 Brainard Road in Enfield. The remaining performances are scheduled for November 16th, 17th, 23rd, and 24th at 8:00 p.m.

Tickets for the performances are \$12 for adults and \$10 for seniors and children under 12. Reservations may be made by calling (860) 745-6368, or by logging on to the Player's website at www.stmarthaplayers.com.



DAVID GILFOR (left) rehearses a scene with Melissa Gilbert of Feeding Hills in the St. Martha Players' production of "High Society."

"The Food Dude"

by John Walters
WMAS 1450 AM



Why not try a "ballentine"???

A very tempting dish that has a lot of style is a ballentine, which is a stuffed meat entree. You can make this with chicken, veal, pork, or beef.

The beef ones are very easy. I take a thin-cut steak and pound it out even larger. I then stuff the steak with different fillings and then bake them. The easiest is this - make a box of Stove Top stuffing; fill the pounded steaks and roll them; tie with string and bake. After the roll-ups have browned, pour gravy over them and finish baking covered. The steak will be very tender and just filled with flavor. Serve with vegetables and a salad. The starch is in the stuffing, so no need for pasta, potato, or rice.

Now, you can get a little more creative. Make the pounded steaks much smaller and fill them with Italian sausage. Tie them, brown in a skillet, and finish cooking in your Sunday sauce. Some cooks use only garlic and parsley, complemented with some parmesan cheese.

Instead of the sausage, you can use chicken, which is extremely versatile as a ballentine. A mild dressing of breadcrumbs - or rice flavored with vegetables and spices - can be rolled up to make delicious chicken entrees. Rice cooked with mushrooms, asparagus, and flavored with cream of mushroom soup will make a chicken entree that will have them begging for more.

Once you have filled the pounded-out chicken

breast or chicken thighs, tie to secure. Now, brown them up in a skillet, then place in the oven to finish cooking. By braising these little filled masterpieces, you will have made a dinner worthy of a king. Go ahead, make them, and pretend it was your idea; your friends will be amazed!

When rolling veal, I like to use a spinach filling. Cooked spinach, garlic, fresh basil, and finely chopped Langostinos. After you brown the veal, use this liquid to finish braising the pockets. Take 1C veal stock (you can always substitute chicken stock, but do not use bullion dissolved in water), 1C light cream, and 1/4C sherry. Taste and season with salt & pepper.

When stuffing pork, use a seasoning with a little extra zip - a bread stuffing with some cooked, hot Italian sausage seasoned with Pinoli nuts and parmesan cheese. Braise in a spaghetti sauce. A ballentine is nothing more than stuffed meat that is boneless, stuffed, and rolled. Braising is to slow cook in a liquid. Together, you get a taste treat you will not forget, so start your ovens!

Remember, listen to the "Food Dude": it's not what you're eating, it's whom your dining with! Be sure to check my websites at www.foodduderadio.com and www.springfieldsouthend.com for recipes and more. Send in your comments to P.O. Box 741, Agawam, MA 01001. And, don't forget to listen to my radio show every week.

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WALTERS'
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noon to 2:00
p.m. on WMAS
1450 AM...



The Great Pretenders to hold auditions Nov. 29th & 30th for spring 2002 show

Auditions for "Sandbag, Stage Left" - to be produced by The Great Pretenders in May of 2002 - will be held at the Agawam Senior Center on the following dates: Thursday, November 29th, from 7:00 to 9:00 p.m. for members, and Friday, November 30th, from

7:00 to 9:00 p.m.

With 15 parts for males and females of all ages, the hilarious comedy will be directed by Gini Andrewes. Scripts are available for reading by calling (413) 821-9932.

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Education

MCAS results show Agawam ahead in math & English

by Kay Saltmarsh
Feature Writer

"The recent results of the MCAS test scores are above state average in almost every content and grade level and our goal is to ensure every single student passes the MCAS test and the School System will do whatever we can to ensure that," according to Agawam's Assistant Superintendent Mary Czajkowski.

Ms. Czajkowski (who will be the new superintendent of Agawam Schools in September 2002), said it was difficult to compare these results to previous years because standards have changed.

"I think overall, we are very pleased with the performance of the English and math sections of the MCAS test," Ms. Czajkowski said. "We are above the state average in these sections."

According to the Executive Summary of the Spring 2001 MCAS results, grade three reading was administered for the first time at this level and 95 percent of the third grade passed as compared to 93 percent in the state.

Grade four English tests resulted in 94 percent of the students passing as compared to 89 percent in the state, and the math section of the fourth grade received 93 percent passing grades, compared to 80 percent in the state.

For the first time, the sixth grade also received a 77 percent average in the math section of the test, compared to 66 percent in the state, and grade seven also took the test for the first time and received 90 percent in the English section, compared to the 87 percent of students who passed the English test in the state.

Grade eight also scored above average in comparison to state results in the areas of English, math, history and social sciences.

The 10th grade warning status was changed to a failing status for the first time, however, 85 percent of the students passed the English section, compared to 81 percent in the state, and 80 percent of the students passed the math section of the test, compared to 75 percent in the state.

Some warnings were issued to regular and Special Education students in grades three, four, six, seven, eight, and nine. Some failure notices were issued to grade 10 for English and math, and the percentages that failed were mostly for Special Education students, according to the Executive Summary of Agawam Schools.

For a complete summary of all the results, please contact the Assistant Superintendent's office at 821-0570.

Ms. Czajkowski said students have a total of four opportunities to pass the MCAS test prior to graduation at Agawam High School, as the Agawam School System is abiding by the 1993 reformed state law.

"The law states that any student who does not pass the MCAS test will not receive a high school diploma," Ms. Czajkowski said.

The opportunities for students to take the MCAS test are in the fall and spring of their junior year, as well as the fall and spring of their senior years in high school.

Agawam Schools have a remediation program for



ASSISTANT SUPT. MARY CZAJKOWSKI

the present juniors who may need to re-take the test in December.

She explained that any student who scored 220 and below in both the English and the math sections are enrolled in the in-school remedial program.

The collaborative students are also offered a remedial class in an after-school program for students who will re-take the MCAS test. Future plans include remedial classes for the class of 2004 (presently sophomores) and for those who failed the MCAS the first time.

"The school system is also requiring teachers to complete individual student success plans to identify the students who failed the MCAS test," Ms. Czajkowski said.

When asked at what age level the school system is preparing students for the MCAS test, Ms. Czajkowski said, "We begin at the earliest age possible to align our students with curriculum standards."

This preparation begins at the elementary level by providing professional development for the teachers with proper training. "The school budget takes this preparation into account when it comes time to budg-

et for the professional development of all teachers," Ms. Czajkowski added.

Ms. Czajkowski also said the students' reactions to the MCAS test have been improved and there is much more awareness and interest regarding the importance of passing the test.

"Students are taking the test more seriously and are attending the remedial programs," Ms. Czajkowski said. "The school system has received calls from parents about what they can do to help their children pass the MCAS test."

Approximately 20 percent of students have not yet passed the math section of the MCAS test (that equals to be about 63 students). Strategies to improve the math scores are based on curriculum standards of framework, where our teachers have been involved in "curriculum mapping," Ms. Czajkowski said.

"Teachers also have monthly MCAS reviews, where they look at actual questions from the test to prepare their students," Ms. Czajkowski said. "The Math department is using departmentalized tests and Math teachers are reviewing test analysis reports to look at how the students are doing."

In early November, a packet of information regarding the statewide MCAS tests was sent out to the School Committee, demonstrating direct communication between the Superintendent's office and the school system in Agawam. On November 7th, Ms. Czajkowski was also scheduled to meet with Agawam principals, coordinators and specialists to discuss the recent results of the MCAS test.

Most recently, a letter was sent out to the parents/guardians from Superintendent Frank Amerouso and Ms. Czajkowski, regarding their children's Spring 2001 MCAS test results. The letter also invited parents to attend an informational meeting to review and interpret the scores on Wednesday, November 28th at 7pm in the Agawam Middle School Auditorium.

"We are zeroing in on those students who scored 220 and below, but this has to be a shared responsibility between the school, the parents, the teachers and the students," Ms. Czajkowski concluded.



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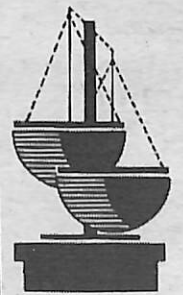


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Special Education Parent Advisory Council sets calendar

The Agawam Special Education PAC plans to meet the first Thursday of each month at the Agawam High School cafeteria at 7:00 p.m. The next meeting will take place on December 6th.

The newly-elected council met for the first time on October 25th at a welcoming meeting well attended by parents, administrators, School Committee members and candidates, several Town Council members, and Mayor Cohen. Kirsten Pittenger, president, outlined the mission of PAC and explained the rights and responsibilities to be adopted under MASSPAC (Massachusetts Association of Special Education Parent Advisory Councils).

A needs assessment has been prepared to determine what the important issues and concerns are for parents whose children receive special education services. Many parents have already received a needs assessment by mail. However, if you have not received one, forms are available at the meeting or you can pick one up at the Department of Special Services located at the High School.

Please return completed forms to the PAC at the next meeting or mail them directly to Agawam PAC, c/o Department of Special Services, 760 Cooper Street, Agawam, MA 01001.

One important goal of the PAC is to provide information and resources to better enable parents to advocate effectively for their children. Workshops and guest speakers are being planned and include a series of three training programs by the Federation for Children with Special Needs. These include advocacy training in Basic Rights, Individual Education Program (IEP), and Transition Planning. More information to follow.

Meetings are open to all persons interested in special education and disability issues. This includes teachers, grandparents, caregivers, service providers, and any others interested in coming who could benefit from parent support.

Any presenter and/or organization with materials or information relative to education and advocacy of children with special needs are encouraged to contact the Agawam PAC. Suggestions and recommendations from parents and professionals are also welcome.

Agawam Jr. High to conduct Fall Parent's Night

The Agawam Junior High School will conduct its annual Fall Parent's Night on Thursday evening, November 29th from 6:30-8:30 p.m.

All parents of seventh and eighth grade students are welcome to attend the annual conference night, which features brief meetings with teachers and staff members. Classroom secretaries will schedule five-minute appointments with individual teachers that evening.

The Fall Parent's Night is an excellent opportunity for parents to visit the school where they may review their child's academic progress.

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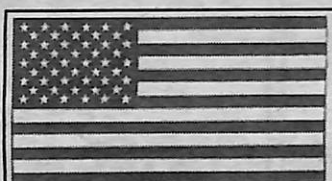
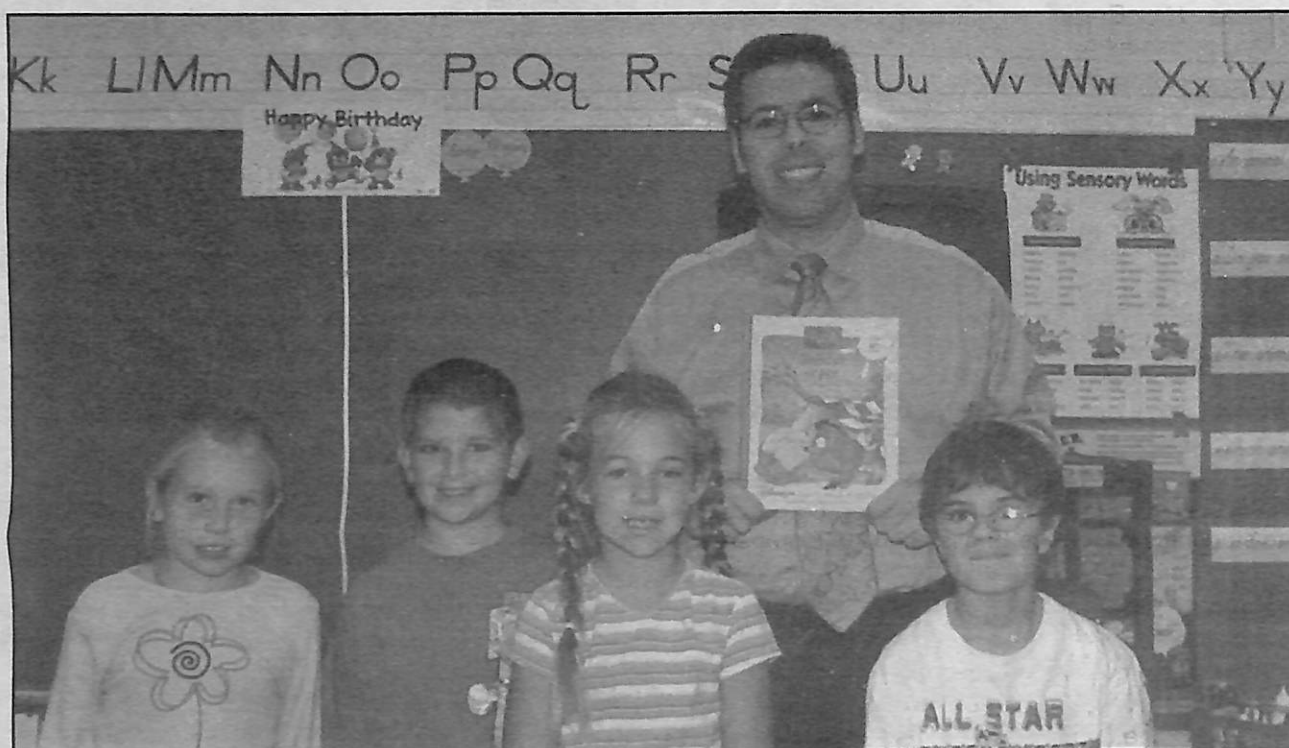
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TV-22 meteorologist visits Granger School



THE SECOND GRADE CLASSES of Patricia Lapinski and Linda Thomas (above) at Granger Elementary School recently hosted TV-22 meteorologist Brian Lapis and gave him a school shirt for his interesting and educational presentation about his job predicting the weather. In photo below: Lapis is pictured with students Taylor Footit, John Pietroniro, Leisl Bard, and Alex Kresock. Advertiser News photos by Kathy Shepard.



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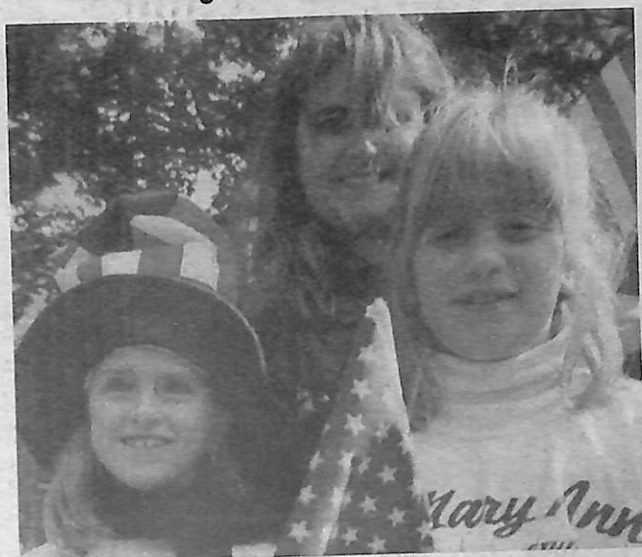
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Agawam High to host Parent's Night, Nov. 19th

Agawam High School will hold a Parent's Night on Monday, November 19th from 7:00-9:00 p.m. This is an opportunity for you to discuss your child's progress with his/her teacher.

Report cards will be issued prior to Parent's Night. If you have questions or concerns, please make sure you visit with your child's guidance counselor during the evening.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday. Please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

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For further information on any of our classes please call the studio at **413-786-0660**

Phelps School donates to Disaster Relief Fund



THE STUDENTS, STAFF, AND PARENTS OF BENJAMIN J. PHELPS ELEMENTARY SCHOOL recently donated \$2,351.24 to the American Red Cross Disaster Relief Fund. The students and staff took part in a week-long coin drive that netted \$1,751.24. The annual PTO fundraiser donated an additional \$600, all contributing to the grand total. Back row (from left): Anna M. Caron, Fleet Bank Branch Manager; Lyn Bussier, Phelps PTO; Judy Gonyea, PTO vice-president; and Ken Romano, Stop & Shop Customer Service manager. Center: Nicolette Gonyea and Emily Gonyea. Front row: Courtney Bussiere and Brittney Bussiere. The staff of Fleet Bank was instrumental in easing the very difficult task of counting and rolling all the collected coins. Advertiser News photo by Kathy Shepard.

Agawam Schools' weekly lunch menu

Agawam High School

Mon., Nov. 19th: "Gilardi's" stuffed crust pizza, chips, fresh whole baby carrots, assorted chilled fruit, assorted pudding w/topping.

Tues., Nov. 20th: "New" - six breaded chicken O's w/dipping sauce, steamed white rice, seasoned corn, assorted chilled fruit, school-baked cookie.

Wed., Nov. 21st-23rd: Thanksgiving vacation.

Junior High School

Mon., Nov. 19th: Nachos w/cheese sauce & salsa, warm breadstick, salad w/dressing, assorted chilled fruit, assorted pudding w/topping.

Tues., Nov. 20th: "New" - six breaded chicken O's w/dipping sauce, steamed white rice, seasoned corn, assorted chilled fruit, school-baked cookie.

Wed., Nov. 21st-23rd: Thanksgiving vacation.

Middle & Elementary Schools

Mon., Nov. 19th: "Poke'mon Day" - Poke'mon cereal w/milk, individual Trix yogurt, Poke'mon fruit roll-up, 100% orange juice cups, assorted chilled fruit.

Tues., Nov. 20th: "New" - five breaded chicken O's w/dipping sauce, steamed white rice, seasoned corn, assorted chilled fruit, school-baked cookie.

Wed., Nov. 21st-23rd: Thanksgiving vacation.

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc. Thank you.

A Sweet Tooth's Delight For Thanksgiving ...

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Bay Path College schedules open house on Dec. 2nd

Bay Path College will hold an open house program for prospective students and their families on Sunday, December 2nd, from 11:00 a.m.-3:00 p.m. on the Longmeadow campus of the private, undergraduate college for women.

Participants will tour the campus and attend two mini-classes of their choice as well as a presentation by a panel of current students.

Following lunch there will be personal interviews with the admissions counselors and, for those bringing transcripts, SAT scores and completed applications, the opportunity for a "same day" admission decision. Financial aid and scholarship assistance will also be available.

To register for the December 2nd open house and choose mini-classes, please call 413-565-1316; toll free, 800-782-7284, ext. 316; e-mail lelias@bay-path.edu; or visit the Bay Path web site, www.bay-path.edu.

Ag. Junior High School Council meeting agenda

The Agawam Junior High School Council meeting will be held Monday, November 19th at 7:00 p.m. in the Junior High teacher's cafeteria.

- A. Call to order
- B. Discussion topics
 - 1. School Improvement Plan - Review
 - 2. School Improvement Funds, \$13,180
 - 3. Review meeting dates.
- C. Any other business which may come before the council.
- D. Adjournment

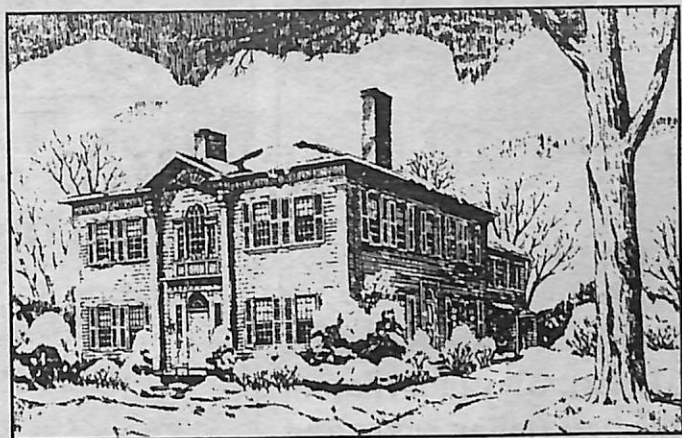
Volunteers needed to put security strips in AHS library books

The new Agawam High School Library-Media-Technology Center is about to be unveiled! We are in need of volunteers during the day to help our three staff members put security strips into our 17,000 library books before the opening of the library occurs.

We anticipate needing help during the second week of November. Can you help for even a few hours between 8:00 a.m.-2:00 p.m.?

Call Elaine Mokrzycki at 821-0537 if you can donate some time.

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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

There are certain things you cannot change

It was sunny outside, but inside my office it was definitely dark and gloomy. Jessica was seated across from me. After dissolving into tears, she had been ushered into my office by her classroom teacher. I told her to take a few breaths, calm down, and tell me what was troubling her.

Wringing her hands, then reaching for a tissue, Jessica squirmed in the chair, took some breaths, tried to gain composure, and then looked up at me to speak.

"Mrs. Cohen," she said haltingly. "My mom is an alcoholic." With that, she started to cry again, so I patiently waited for her to continue. "I just don't know what to do. Sometimes she is fine; at other times, she comes in the house so drunk that she is incapable of helping me do anything and when I do attempt to do something, she finds fault with me and yells."

Gently I asked her if she had talked to her dad about this. "Yes, but he can't do anything. He has threatened to leave her; I think he just stays around because of us. Do you know she makes promises and breaks them? She tells me to meet her at a certain time and then she doesn't show up. I can't trust her."

"The funny thing is, I do love her, but I am so embarrassed. I try not to bring my friends home since I never know what I am going to find. I don't want her to meet me at a game because I don't know what condition she will be in. What can I do? Please help me!!!"

Now that Jessica had put her cards on the table, we were able to truly look at them to see what we could do. "You know, Jessica, you do not have the power to change your mom. So what you have to do is decide what you can do about you. I mean, instead of your mom's situation controlling you, it is time for

you to control how you will react and what you will choose to do. Obviously, Mom is not ready to change, but you can do some things to give you coping skills."

I then proceeded to tell Jessica about Alateen, a program for teenagers whose parents have a problem with drugs and alcohol.

"Also, we hold a meeting right here at school that you may want to join. Not that it makes it any easier for you, Jessica, but there are other kids here who share your problems and concerns. At least you can share issues with them, learn what works for them, and start a healing process."

As I listed the various options, I could see that Jessica was calming down. Now at least she had a place to turn. "Jessica, you know my door is always open to you, so is Mr. Lynch's door, who is our school psychologist. Mr. Figy's office is right across the hall from me and he is an adjustment counselor. All of us want to assist you by listening and helping you work through what is troubling you."

"Mrs. Cohen, it is so hard. I feel so torn. Why do I still love my mother? I mean, look at what she is doing to me and the rest of my family."

"Well," I said, "Mom is and always will be your mom. Of course you love her, but you still can dislike her actions. That's okay, Jessica. While Mom is under the influence of alcohol, it is the alcohol that is determining her actions, it is not Mom."

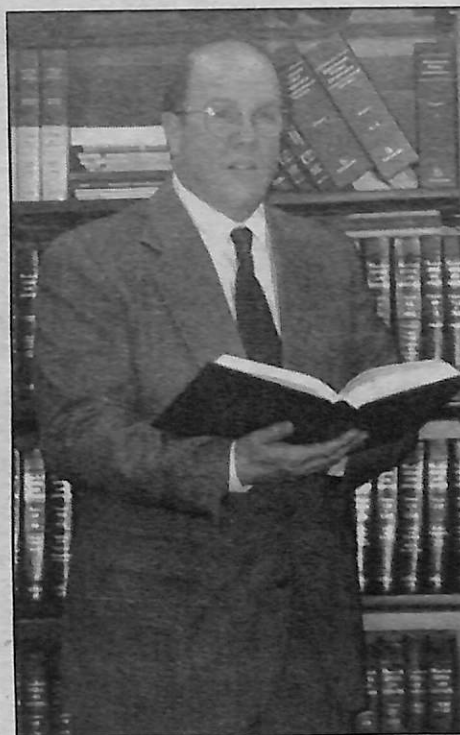
"Do I wish she would change? Absolutely! But she won't do that until she is ready. Just hold onto the thought that addiction is hard to beat; she is not an addict because she chooses to always be one."

"She has an illness, so do try to forgive her. It will make it easier for you in the long run. That does not mean that you have to accept what she is doing, but do forgive her. Does that make sense to you?"

Jessica thought about that for a minute, then slowly shook her head in agreement. "You know, Jessica, this is not an easy situation for you, but you can learn from it and realize that sometimes you just don't have the power to change something or someone. What you do have is the power to change you."

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Sports



MEMBERS OF THE AGAWAM HIGH girls' varsity soccer team celebrate their Division I Western Mass. championship after defeating Westfield High, 2-0, last Sunday at Szot Park in Chicopee. Advertiser News photo by Dave Rollins

Unbelievable - AHS girls' soccer wins WMass.

by Dave Rollins
Sports Editor

Which of the following describes the Agawam High girls' soccer team, which beat Westfield High, 2-0 at windy and chilly Szot Park in Chicopee last Sunday afternoon (November 11th) for the Division I Western Mass. title?

"From the Bowery to 'Broadway'"; from "Heartbreak Hotel to the Penthouse Suite"; from "Last to a Blast?" Heck, why not all of the above?

By now, everyone in Western Mass. has been hearing about last year's one-win campaign and the gloom and doom that surrounded it. On Sunday, before a big crowd of faithful for both sides, the fourth-seeded Brownies (13-4-4) were as bright as the day in taking the school's first Division I title since 1989 in a remarkable one-year turnaround.

At presstime, the Brownies were facing a tough, tough Wachusett High team in the state Division I semi-final (again, at the friendly confines of Chicopee's Szot Park).

During the regular season, Westfield - seeded number two - had defeated the Brownies 1-0 and had tied them at 1-1.

So it was a Brownie team that played with methodical purpose - patiently looking for not only the crown, but for payback as well.

Just a minute in, sophomore striker Amanda Janik fired a volley but just missed. Freshman Elise Davilli got off a hard drive from the right point 18 seconds later, but Bombers' goalie Erin Greene made the save.

Junior stopper Danielle Cirillo sent a pass over to freshman fullback Lauren Peltier, and her bid sailed high and wide.

At 31:40, Davilli led junior center-forward Kaitlin Sardella with a nice pass down the right lane, but she was marked before getting off a shot.

Then it was time for the Agawam defense (which Coach Laura Wray-Ramos called outstanding all through the tournament) to step up, as Westfield began to assume territorial control.

At 24:33, Westfield suddenly came alive with a mid-field rush and penetrated into the Agawam 18-yard area, where a melee ensued. The kids were kicking at the ball like the Rockettes; some trying to drive the ball past sophomore goalie Megan Gloster, while the defenders tried to steer it away.

Senior sweeper Amanda Blair (another rock-solid game) and senior fullback Desiree Marsili, two of the

team's captains, managed to clear it. It was Westfield's best opportunity to score to that point.

As so often happens in soccer, one shot of adrenaline by one team leads to a dose on the other side. The Brownie offense stormed back on the left side, and what looked like an innocent play turned to gold for AHS.

With 19:25 left, Marsili lofted a high wedge shot from 40 yards out on the left. The ball sailed straight

up and then straight down. Green came out eight yards off her line and tried to grab it on either the fly or short hop, and the ball squirted through her hands and lazily rolled behind her.

Hanging around like a starving wolf was freshman forward Tiffany Manzi, who makes the opposition pay for mistakes. The frosh gently kissed the ball into the

SEE GIRLS' SOCCER - Page 40

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GIRLS' SOCCER - from Page 39

back of the net for her eighth goal of the year.

Instantly, the game's pace increased dramatically. Westfield realized one goal could be enough to decide this one, so it attacked with vigor. Once again, Gloster, with her defense firmly intact, jammed up the Bombers. Again, Peltier shut down the left side and Cirillo bottlenecked the middle, while Marsili was head-balling everything in sight and Blair was just playing outstanding position soccer.

The Brownies only allowed two goals in their three-game march to the title, and give full credit to Gloster and the above-named defenders for this.

Westfield had one last best chance as the first half wore down, but Marsili was right there to stop and clear the ball before it had a chance to give Gloster any problems.

The second half (like the second half vs. Ludlow in Agawam's memorable 2-1 semi-final win) saw the Brownies at their best.

Westfield tried to press the attack in the first 10 minutes, and then the game turned physical. Real physical.

Early on, it was clear that senior midfielders Jessie Newalu and Jill Lawson were bringing their "A" games into crunch time. Both played pivotal roles in the final 25 minutes, which saw the Brownies pin Westfield into its own end.

In fact, every Brownie on the field - with Gloster shouting directions like a field marshal, and with her defenders moving farther and farther in the direction of the Westfield goal - lifted their games to the next level.

Newalu was having her own one-on-one battle with her midfield mark throughout. Sardella, with 23:45 to go, was absolutely leveled and sent airborne at midfield. She bounced back up, got into the fray again, and a minute later had plenty of net to shoot at (but the ball whacked into a Westfield defender before it reached the goal).

Janik tried a left-right cross with 15 minutes left. The ball was there for the picking by the right post, but no one was close enough to collect it.

Peltier crashed at midfield with 12 minutes to go. Play on. The Brownies continued to press as Lawson, at left midfield, was like the Berlin Wall - everything thrown her way went right back in.

Manzi, cruising at 25 yards, let one fly and hit the right post. Forty seconds later, Sardella (again giving the Brownies plenty of game with sudden bursts of huge speed) came flying out of the pack in the right corner and fired a shot from 15 yards out, and it just sped past the left post.

With 6:07 to go, and with the Brownies still pressing, the insurance policy kicked in.



PICTURED ABOVE ARE THE senior class members of the Agawam High girls' varsity soccer team - the 2001 Western Mass. Division I champs - at Szot Park last Sunday, following their 2-0 win over Westfield High in the championship game. From left: Jessica Newalu, Katelyn Tierney, Jenna Shea, Erin Gloster, Desiree Marsili, Amanda Blair, and Jill Lawson. Advertiser News photo by Dave Rollins.

Sardella collected a pass from Cirillo on the right side, strode into the midfield, and spotted an unmarked Janik barreling in on the left wing. The pass was true and Janik unleashed a wicked, low shot that Greene had no chance on. Cirillo, by the way, played the entire tournament with a badly-bruised knee.

Janik, the team's leading scorer with 12 goals and 11 assists, had her first goal of the tournament. Sardella gathered her team-leading fourth point of the tournament (a goal and three assists).

Desperate now, Westfield would mount a final attack down the stretch. But a combination of dynamic play by Gloster, and with Peltier, Cirillo, Blair, and Marsili still disrupting Westfield's attack, it was over and a wild celebration began.

"I still have a hard time believing it. But it's true," said Wray-Ramos in all the delirium around the midfield area following the award ceremonies. "Truthfully, I only thought about winning a championship only briefly. I knew we had the talent. It was just a question of everything falling into place."

WIN OVER LUDLOW: The thrilling, 2-1 win over Ludlow last Thursday evening (November 8th) at Szot Park came before a raucous crowd and was the team's first over victory over Ludlow in years.

Again, it was the defense of Peltier, Cirillo, Brown, Marsili, and Gloster which kept Ludlow at bay until late in the game.

Agawam stunned the Lions just 3:58 in when Sardella grabbed a ball at midfield, flew through two defenders, and it was off to the races for a breakaway goal.

The winning goal was scored by the most unlikely of heroes - junior Meaghan Brown, just called up from the junior varsity a few weeks back. Brown's second-half goal (scored when she outthrust Ludlow's goalie and a defender for a loose ball spinning through the goalmouth) proved the game-winner. Manzi got the assist.

While Ludlow had the better of the play in the first half, the Brownies pressed the attack and dominated the second half.

Sign Ups

For The November 26th - March 1st Season



Agawam Youth

Wrestling Club

Date: Friday November, 16th

Time: 6:00-8:00 PM

Location: Agawam Police Station, In
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Fee: \$45

For More information please call Dan Sullivan 786-6265



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SHAA, under the direction of a whole new board, will be holding its **Spring Sign-ups** on **Saturday and Sunday, Nov. 17th & 18th**, from 1:00-3:00 p.m., in the **Parish Center at Sacred Heart Church**. We welcome all new and returning players to come and sign up for a brand new, exciting year of baseball!

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After 38 straight wins, AHS gymnasts go for WMass. title

by Dave Rollins
Sports Editor

As expected, the Agawam High gymnastics team has been seeded number one for the upcoming Western Mass Tournament this Friday evening, November 16th, at South Hadley High School.

Agawam, the defending Western Mass. champs, went 18-0 this season and is currently on a 38-match winning streak. (The school record is 48 straight turned in by Agawam High wrestling from 1987 through 1990).

They are led by All-Western Mass. standout Andrea Babbini, a junior at AHS and last year's all-around champ.

First-year Coach Lindsey Hadden took a look at the tournament. She noted that one key member of the team, sophomore Mary Zajac (who had two second-place finishes and one third-place finish in the all-around during the regular season), will be out of action.

"Mary hurt her ankle on the beam and just can't compete. But we're confident that even without Mary, we can repeat," stated the coach.

So, some kids will have to step up to help out Babbini, who has won the all-around title in every meet the team has been in this year. The coach mentioned two kids who have improved greatly as the season progressed. "Katie Malloy should score well in the all-around and on the beam. We'll need Katie Nelson on the beam, as well as on the floor and vault."

*Sponsored by Parks & Rec.
Department...*

Discount tickets for Falcons' Nov. 25th game

The Springfield Falcons have announced that the next Parks & Recreation Group Night (sponsored by the Agawam Parks & Recreation Department) is scheduled for Sunday, November 25th, versus St. John's at 4:00 p.m. There will be free skating after the game.

Your Parks & Rec. Department is offering one great discounted price ticket of \$7.50 for either adults or kids, with 50 cents of each ticket sold going back to your Parks & Rec. Department for other youth recreational activities.

All ticket purchases for the game must be made by 12:00 noon on Friday, November 23rd.

For further information, call the Agawam Parks & Rec. Department at 821-0513.

Hadden feels their strongest event is the uneven bars. "We always score well there. It was that event that ultimately helped us beat a very tough Westfield team in our next-to-last meet of the season."

However, she also knows the event that usually decides big events like Western Mass. will probably be the floor exercise, where the Brownies are also very strong. The floor is the final event. "You usually know what you need going in," the coach said.

It is the most engaging of all the disciplines. It mixes great music with the kid's ability to hit all the right beats with all the right moves. Babbini will work to Yanni's "Standing in Motion"; Brittany Taylor, "The Devil Down In Georgia"; Alicia Malloy, the theme from "A League Of Their Own"; Nelson, a Halloween medley; and Dolores Cuccovia, the song "Rusted Root."

Westfield (16-2) is the number-two seed and will be matched up with Agawam throughout the tournament. It should be a nice head-to-head battle. Agawam beat the Bombers twice during the regular season.

Hadden said they will not add anything to their routines. "We've just continued to refine what we do in all the events," she noted.

Hadden feels a score of 130-131 will be needed to win Western Mass. this year. They scored a 133 earlier in the season against Minnechaug and Chicopee Comp.

Hadden feels that besides Westfield, some other teams could figure into the final outcome of the competition. Among them are third-seeded Hampshire (14-4) and Amherst (9-9).



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Profile...

Jessica Newalu: Part of the "dream team" for girls' soccer

by Dave Rollins
Sports Editor

Whenever the Agawam High girls' soccer team needed a shot in the arm this championship season, they sent in super sub Jessica Newalu. And she always came through, especially in the team's three-game march to the Western Division I title (ending in Sunday's 2-0 win over Westfield).

Recently, the senior took some time out to talk about her days at AHS.

Jessica is 17. October 10th is her birthday.

She has spent all four years of her secondary education at the High School.

This semester, Jessica is taking English 12, child development, environmental science, horticulture, and pottery, along with gym. She has been a member of the Renaissance Club.

Physics is her favorite course. She has a bunch of top teachers: Arthur Gage (physics), Sean Jennings (world history, psychology), Dean Vecchiarelli (chemistry), and Bill Moore (practical law).

Currently, Jessica is looking at UMass, UNH, and Curry College. She is not really sure what her major might be.

Soccer is her sport, where she has become a valuable member of the team coming off the bench and giving the team quality minutes as a midfielder.

Last year, she was a starter, but sees her role now as just as important. "I come in and prove what I can do. And I do it. The coaches expect a lot from me with my new responsibilities," she stated. Jessica is an athletic midfielder who give and takes plenty of bang, bumps, and bruises for the team. She is also famous for her throw-ins from the sidelines, which only can be described as titanic.

Jessica also plays in the Maple League for a Westfield-based team in the off-season.

Her most memorable sports moment is a no-brain-



JESSICA NEWALU

er. "Our Western Mass. championship," she said with a laugh.

Of this championship season, Jessica had this to say: "We were probably the only ones who thought we could do as well as we did. We gained confidence with every game."

In the quarterfinal-final game vs. West Springfield, she scored the winning goal in the second half of the contest, and this victory marked the start of the

Brownies' three-game trip to the championship.

What's more, Jessica had one of her best games of the season vs. Westfield on Sunday, especially in the second half when the Brownies pinned the Bombers in their own end for long stretches.

Apples are her favorite food.

Blue is her hue.

A new Honda would be her ride.

In sports, she enjoys watching international soccer.

She likes to hang out at Jen Orenstein's house. "Jen (who is a student at AHS) is like a sister to me," Jessica remarked with a smile.

She likes to dress in khakis and also really nice clothes. She enjoy mixing and matching.

For music, she likes rap, hip hop, rhythm and blues, and pop.

"Whose Line Is It, Anyway?" is her favorite TV show. "O" and "Save the Last Dance" are her two favorite movies.

Maureen is her mom. Ed is her dad. She has a sister, Heather (18), who plays soccer for STCC; a half-sister, Laura; and a half-brother, Lance, who lives in Florida.

She looks up to her sister, Heather, a 2001 AHS graduate who excelled in indoor and outdoor track for the Brownies a year ago.

She would like to be remembered at AHS as a good friend who respected everybody, and as a good soccer player.

Coach Laura Wray-Ramos had this to say about the senior: "Jessica is great off the bench. She's strong and basically our secret weapon, and plays hard all the time. Jessica is a kid you can count on and makes a difference when she's in there."

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc.

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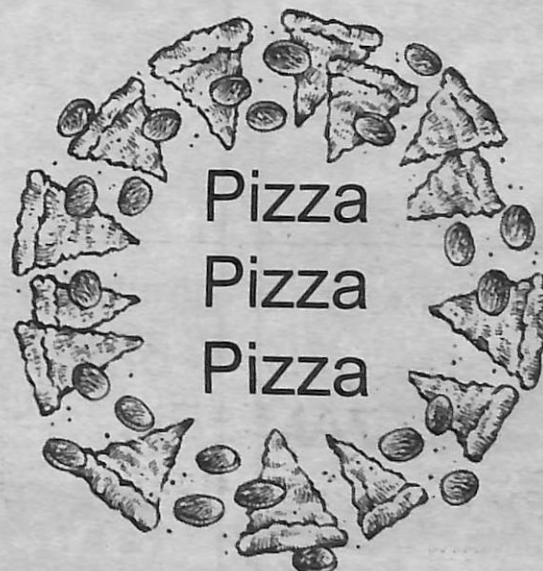
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Profile...

Kari Trauschke stands tall for Agawam High cheerleaders

by Dave Rollins
Sports Editor

Kari Trauschke is a veteran and key member of the Agawam High School cheerleading team. Recently, the senior took some time out to talk about her career at AHS.

Kari is 17 years-old. Her birthday is December 31st.

She stands five feet tall, which makes her the top candidate for being at the top of the pyramid when the team goes into that routine. Being up there is not for the faint of heart.

"Yeah, you have to trust your teammates to catch you when the routine is over. Even when they do make the catch - which is all the time - you can get injured. I've had a couple of sprained ankles coming down," she said with a smile.

Kari has spent all four years of her secondary education at the High School. Currently, her course load includes physics, algebra II, English 12, child development, sociology, and the yearbook (where she is a member of the advertisement staff). Kari is a member of the Renaissance Club.

Psychology was her favorite course. She likes all of her teachers.

Though she is looking at seven or eight colleges for next year, she currently has her eye on Southern Connecticut State University and Quinnipiac College. She would like to major in child psychology.

Cheerleading is her sport. She has been on the varsity for four years and is a co-captain this year. She was a member of the Brownies' State Championship team two years ago, and has gone with the team twice



KARI TRAUSCHKE

to the nationals.

She has been a cheerleader since the sixth grade.

Her most memorable sports moment was being a

member of the 1999 State Champions.

The team is getting ready for its competitive season, which opens this Sunday (November 18th) in Franklin against Franklin High School. "We lost 10 seniors from last year's squad, so we're in a bit of a rebuilding situation. But we have the talent to do well," she said, looking ahead to the team's various competitors. Kari feels the teams they'll have to beat this year for a good season will be Chicopee and Chicopee Comp.

French fries and pizza top her list of favorite foods.

Purple is her color.

An Eclipse would be her ride.

She likes to relax in her bedroom.

She likes all kinds of clothes, and tries to dress differently every day.

Her taste in music runs to rhythm and blues.

"Dawson's Creek" is her top TV show. "Pearl Harbor" is Kari's favorite movie.

Joanne is her mom. Allen is her dad. She has a brother, Jeff (16), and a sister, Kristen (22).

Kari says she looks up to her parents.

When her days at AHS are done, Kari says she wants to be remembered as a determined person who was always striving to succeed.

Varsity cheerleading Coach Kim Hebert had this to say of the senior: "Kari is a former gymnast, and her athleticism shows in her cheerleading. Part of our success over the past four years has a lot to do with her contribution to the team."

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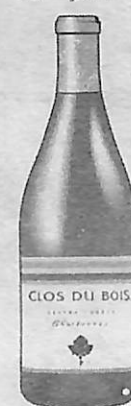
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Second-half blitz too much for AHS football versus Falcons

by Dave Rollins
Sports Editor

The Agawam High football team was looking to get back into the win column last Friday evening (November 9th) at Minnechaug Regional.

And, for the first half (at least), it looked like they might get their wish. But, unfortunately, the game consists of two halves. And while Agawam won the first 24 minutes, 13-6, the Falcons took the second, 25-0, and the game, 31-13.

"I don't know what happened. We were there for a while, then just faded away," Assistant Coach Pete Clark said as the coaching staff filed out of the press box when it was over.

Agawam went to 3-7, 3-6 AA. The Falcons rose to 5-4, 4-4 AA. The Brownies' next game will be their traditional Thanksgiving Day battle against West Springfield (4-5, 1-5 Suburban League). Minnechaug will travel to Amherst (7-3, 7-3 AA) on Thanksgiving Day.

Agawam got the first shot in this one and scored on an impressive drive, which started from its 27-yard line. The eight-play, 73-yard march took 3:07 seconds, with Ryan Lottermoser taking to ball over from the Minnechaug one. The highlight was a 58-yard run by Lottermoser (14-77, TD) on a second and 10 situation to the Falcons' 15. The two-point conversion went nowhere, but the Brownies had a 6-0 lead.

The Agawam defense - led by Mike Locke, John Montalvo, Joe Clark, and Brian Pedersen - stacked up the Falcons' offense, and the Brownies got the ball back on a punt at midfield. Agawam drove down to Minnechaug's 35-yard line and faced a fourth and six.

Coach Tad Desautels decided to go for it and the gamble would have paid off. Locke was open in the left flat, and quarterback Joe Clark delivered a good ball. But Locke slipped and the pass (enough for a first down) went incomplete.

The Falcons took over on downs, and once again

the Agawam defense proved its mettle and forced a punt. The punt from the Falcons' 44 sailed down to the 27-yard line, but the ball was fumbled and Minnechaug recovered the fumble at the Brownies' 29 early in the second period.

Minnechaug had a third and six at Agawam's twenty-three.

The next play saw a Falcon open in the end zone. But Jim McClosky's (11-24, 239 yards, 3 TDs, 1 INT) pass - which was on target - was dropped. His next throw was complete to the Agawam 15. The Falcons' Norell Veal (18-103) carried for five to the Brownie five-yard line.

A big sack on McClosky by Dustin Hebert and Montalvo saw the ball placed on the Agawam 12. McClosky's next pass was incomplete. The hosts now faced a fourth and goal. A slant pass over the middle covered the distance, and Minnechaug was on the board with 9:32 left in the half. The kick failed.

Agawam, in a six-all tie, got the kickoff and started on its own 25 with 9:24 left. Brian Michel, behind some nice left-side blocks by Joe Kocot and Shawn Porier, carried for nine yards. Lottermoser managed one yard to give the Brownies a first and 10 at their 35-yard line.

Then Clark took over. The junior quarterback broke off right tackle on a keeper and sprinted 65 yards for Agawam's second score and his 15th touchdown of the season. Vin Tirone's kick gave the Brownies a 13-6 lead (with 7:46 to go), which stood up to the half. That's how the half ended, with AHS in very good shape.

Minnechaug received the opening kickoff for the second half and started out at its 17-yard line. Veal got the call and (when he was finally gang-tackled) he'd picked up 50 yards to the Brownies' 13.

A 12-yard pass saw the Falcons with a first and goal at the Agawam one-yard line. McClosky promptly

ran it over behind a good push from his offensive line. The two-point try went awry, and the two teams came back upfield with the Brownies clinging to a slim, 13-12 lead. Little did the visitors know then that they would score no more.

Both teams traded possessions until Minnechaug got it back with 2:01 left in the third quarter on Agawam's 34. A 17-yard pass gave the hosts a first and 10 at the Agawam 17. A Veal run saw Minnechaug with a second and nine. A 16-yard McClosky TD pass (his second) put the Falcons up, 18-13, after the extra-point run failed.

The play of the game came late in the fourth quarter. Minnechaug had a second and eight on its 40-yard line. McClosky dropped and found Steve Menty on the right sideline at the 50. Menty snagged the throw and broke left, breaking a couple of tackles. As he did, he cut upfield, broke a couple more tackles with some classy moves, and outran the pursuit for a 60-yard TD. The extra point was no good, but the Falcons were in the catbird seat now, enjoying a 24-13 lead.

The Brownies, slightly shaken, fumbled the kickoff and gave Minnechaug great field position at the AHS 21-yard line with 5:40 to go. Six plays and 2:20 later, McClosky threw his third TD pass to give his club - with the kick - a 31-13 lead which would stand up for the duration.

AGAWAM RUSHING: Lottermoser - 14-77, TD; Clark - 11-72, TD; Michel - 5-44; Slatchetka - 1 minus 10.

PASSING: 2-17, 32, 1 INT.

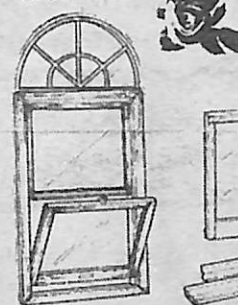
RECEIVING: Lottermoser - 1 - 16; Tirone - 1 - 16.

YARDS RUSH - 183; PASSING - 32; TOTAL - 215.

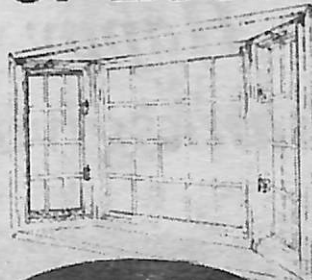
MINNECHAUG: RUSH - 111; PASSING - 239; TOTAL - 350.

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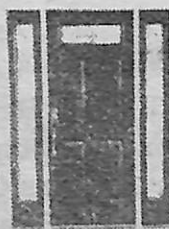
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In Tri-Parish Bowling League...

Catholic University and St. Mary are undefeated as round two begins

On Monday, November 5th, the second round of the Tri-Parish Bowling League started with two teams winning 4-0. Catholic University won over St. Louis, and St. Mary won over Fordham. CU ended up on top by way of total pinfall (three pins).

In the first match, CU won the first string by two pins, the second by 10, and the third by 16 (a very close match). Lance "Lightning" Poirier outhit Ron "The Don" Menard, 134-127, to take the first point. In the second string, Caroline "Peppy" Coelln helped by hitting a 111 to go with a 110 by "Lightning" to win that one (even though "The Don" had a 120 string).

"The Don" threw a 135 third string, but it wasn't enough 'cause Terry "Tiger" Cerpovicz hit a 129 to go with "Lightning's" 105 to win. "Lightning" ran a 349 night, and "The Don" hit a 382 to lose by 28 total pins.

In the other 4-0 match, St. Mary won over Fordham. Fordham had to roll without their anchor, Kathy "Big Cat" Burlingham, and the team couldn't make up the difference. Frank "Buck" Cerpovicz ran off a 125 to go with "Jolly" Olly Muldrew's 113 to win the first string.

In the second, it was a 110 by Mary "Not Marlo" Thomas that won that string. The third string was won with a 124 rolled by Barb "Wire" Howard. No one on Fordham's team hit over the 300 mark, but St. Mary had two; "Buck" led the team with a 312, and "Jolly" had a 311.

In the other match-ups, Notre Dame took Georgetown, 3-1. Georgetown won the second string when John "Big Bad" Mlinek ran a 106 to go with Rich "Golden" Snyder's 125 to win by 41. It was a 133 by Neil "Slippery" Serven that won string one for ND by

46.

A 104 by Lucy "Not In Peanuts" Menard to go with a 120 by Mark "Up" Edwards won the third string. "Golden" ran a 328 night for GT, and "Slippery" hit a 321 for ND.

In the bye match, Holy Cross lost, 3-1. The bye team picked by HC was team five (Georgetown). No one could manage an over-300 night for HC.

Debbie "Mighty" Poirier came the closest with a 298. Jim "Big Mac" McCormack started with a 114, which gave HC its only point. The third string ended up with the bye team winning by one point and total

pinfall by 24.

After one week into the second round, the standings are:

Catholic University	4 - 0 (1,478 pinfall)
St. Mary	4 - 0 (1,475 pinfall)
Notre Dame	3 - 1 (1,426 pinfall)
Georgetown 1	- 3 (1,383 pinfall)
Holy Cross	1 - 3 (1,359 pinfall)
St. Louis	0 - 4 (1,450 pinfall)
Fordham	0 - 4 (1,369 pinfall)
Bye Team	3 - 1

November activity schedule from Parks & Recreation

* **Women's Volleyball:** Mondays, November 19th, and 26th, 7:00 to 9:00 p.m. - Junior High School.

* **Men's/Co-Ed Volleyball:** Tuesday, November 20th, 7:00 to 9:00 p.m. - Agawam High School.

* **Men's Drop-In Basketball:** Monday, November 19th, 7:00 to 9:00 p.m. - Agawam High School.

* **Public Swim:** Fridays, November 16th and 30th, 6:30 to 8:30 p.m. - Junior High School.

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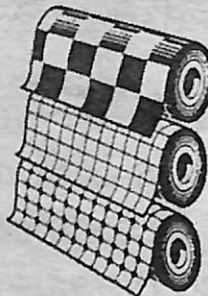
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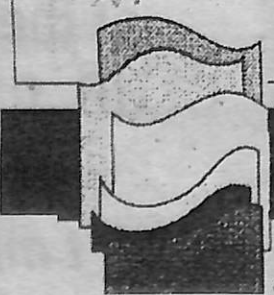
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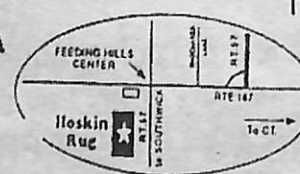
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SHAA to hold spring sign-ups for baseball

SHAA, under the direction of a whole new board, will be holding its spring sign-ups on Saturday and Sunday, November 17th and 18th, from 1:00 to 3:00 p.m. in the Parish Center at Sacred Heart Church. We welcome all new and returning players to come and sign up for a brand new, exciting year of baseball.

The board has a number of new and exciting changes: real baseball rules; umpire certification; new opening ceremonies; 70-foot diamond; new fundraising opportunities; new age brackets; baseball and softball clinics; and new draft and tryout rules.

* Midget League girls' and boys' coed league - ages four year-old boys and four and five year-old girls.

Cost: \$40.

* Boys - ages five and six Instructional; girls - first-grade Instructional.

* Boys - ages seven and eight DPL; girls - second- and third-grade DPL.

* Boys - ages nine and 10; girls - fourth and fifth grade.

* Boys - ages 11 to 13; girls - sixth through 12th grade.

Cost is \$50 (which includes the cost of raffle tickets).

Come join the fun and experience a new and exciting year!

For further information, visit our website at www.Shbaseball.org.

For boys in grades three to 12...

AIC Intensity Basketball Clinic on Nov. 23rd & 24th

The Second Annual 2001 AIC Intensity Basketball Clinic for boys in grades three to 12 will be held on Friday and Saturday, November 23rd and 24th, from 11:00 a.m. to 2:00 p.m.

The cost is \$40 for both days. Contact Coach Scoville at (413) 205-3563 or pscoville@att.net.

* * *

Our coverage of local sports is just one more reason why you turn our pages...

Due to the Thanksgiving holiday next week, the deadline for our next edition is Saturday, November 17th, at 12:00 noon. Our office will be open all day on Saturday, so please use our back entrance to drop off your articles, classifieds, press releases, etc.

Fitness First - from Page 1...

"Spinning" started a few years ago by a man named Johnny G from California and it's described as an energetic indoor group cycling program performed to music while an instructor takes you on a visual journey.

There are several spinning classes offered at **Fitness First** and they range from orientation to master spinning classes.

"This particular program keeps people motivated and is popular," Welker said. "It's generated a lot of interest along with other classes such as Yoga, Tai Chi and Pilates, which is a program for the mind and the body."

Other classes **Fitness First** offers include Step for beginners as well as advanced members, Cardio and Fat Burner classes, Body Pump, which is a class that works on all your muscle groups, specially designed to be used with weights, racquetball facilities and water fitness classes.

"We are always here to listen to our members' as well as our staff's needs," Welker added. "**Fitness First** is a proactive health club and our members seem to feel comfortable with us."

Fitness First has been at its location on North Westfield Street in Feeding Hills for 16 years and is bigger than you would think when you first enter the health club, with two floors of facilities.

The prices of a fitness program generally range from \$39- \$59 per month and students and seniors are eligible to receive discounts.

Fitness First staff likes to have interested people come in and talk about their needs and then they proceed from there as to which programs best fit their needs and their schedules.

"We try to be fair and base the programs we offer on an individual level. The staff at **Fitness First** are all professionals in their fields and all group exercise classes are certified," Mrs. Welker said. "All of our fitness staff have college level degrees related to the health field and are certified as well."

"Personal training is provided to all our staff and we provide 1:1 assistance to all members to help them individually reach their personal objectives," Mrs. Welker added.

Fitness First also has a website that includes information about the club and its facilities. You can find their website at www.fitnessfirst.net. The website lists current classes scheduled for group exercise, all our programs, special benefits, such as birthday and holiday parties and our hours of operation.

Fitness First is open seven days a week: Monday through Friday, from 5:00 am-10:00 pm and



FITNESS FIRST Operations Manager Julie Titus (left) and Member Services Manager Lisa Darlington greet all members and guests as they enter the facility. Advertiser News photo by Kay Saltmarsh.

on the weekends, from 7:00 am-6:00 pm.

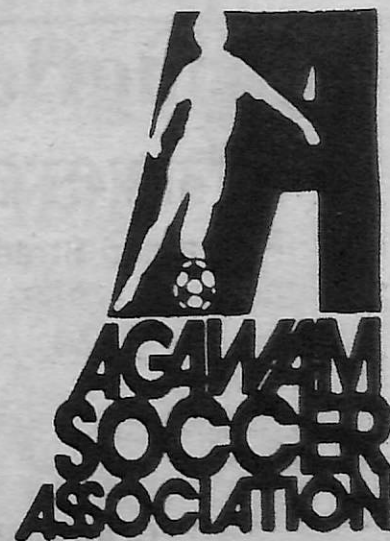
In addition to the many classes and facilities, **Fitness First** also has a pro shop where members often gather for coffee and trivia games. "The Pro Shop is also a meeting place for our 'young at heart' group," Mrs. Welker said. "The Pro Shop offers a limited supply of retail items such as clothing, swimming items, duffle bags, rackets and more."

The "young at heart group," which is for members 50 years old and above, also take advantage of the pool area, which is 60' x 24' or 20 yards x eight yards. "It's a great way for senior citizens to work out in water and get physical therapy if needed," Welker said.

The water fitness programs include pool classes for babies starting at six months old through 2 ft; Toddler Swim for ages 2 ft through 3 ft; Novice Swim for ages 3 ft through five years old; and Beginner Swim for five years and older. Other pool classes are Water Babies, Family Swim, and Aqua 1, which is a swim class for members 12 years and older.

SEE FITNESS FIRST - Page 47

SPRING SOCCER FINAL SIGN-UP



Final Spring Soccer Sign-Up for In-Town and Pioneer Valley will be **SATURDAY- NOVEMBER 17th** at the **ITALIAN SPORTING CLUB**, from **10:00 AM - 2:00 PM.**

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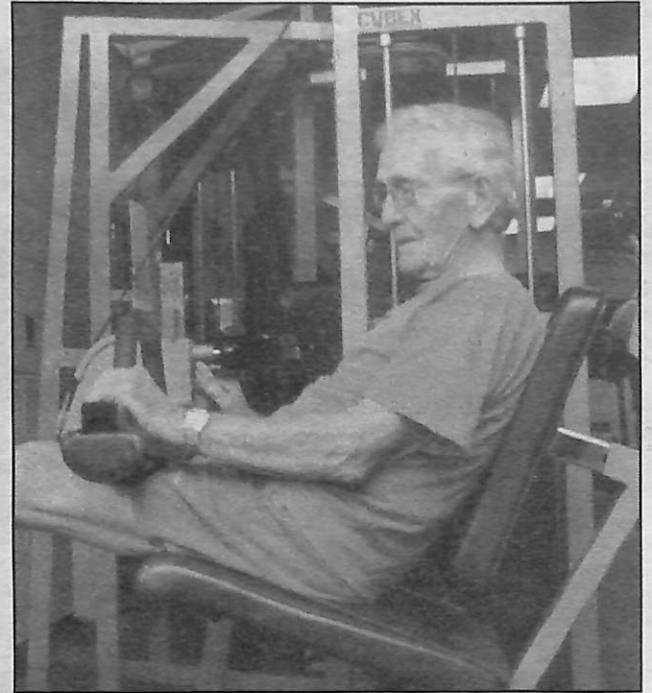
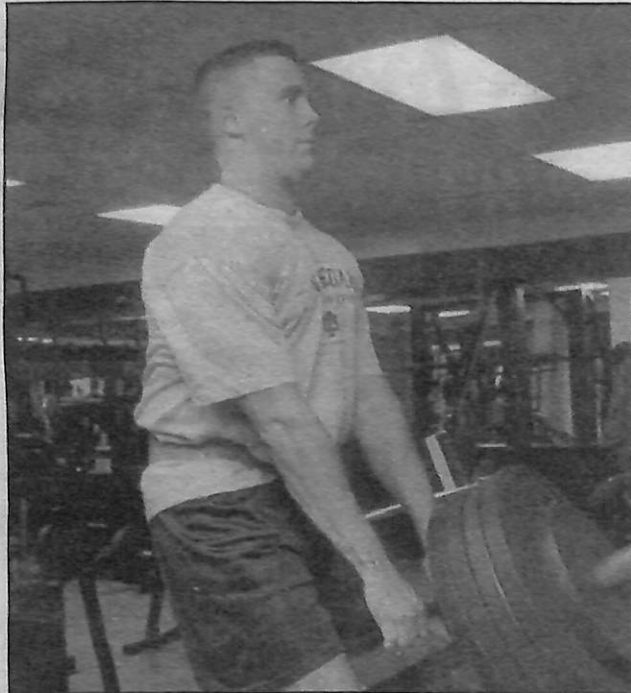
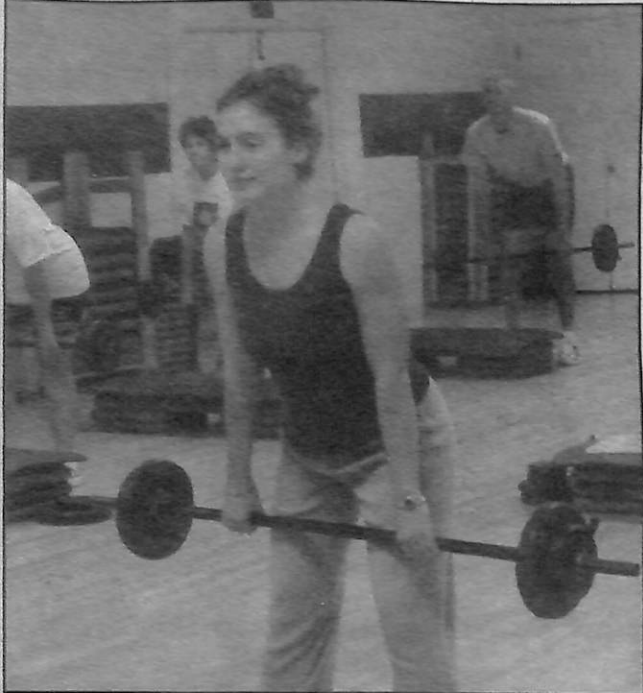
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In left photo: The "Body Pump" class is a favorite at Fitness First in Feeding Hills. In center photo: Jim Hebert of Agawam "power lifts" at Fitness First. In right photo: Agawam resident Norman Roberts (87 years-young) said he has been a member of Fitness First for seven years. Advertiser News photos by Kay Saltmarsh.

FITNESS FIRST - from Page 46

"Family Time" is another service that **Fitness First** offers to give families the opportunity to spend time with their children in the pool area and other facilities. There are policies and guidelines for each facility and group classes offered to the members of **Fitness First** that they must follow, as well as a "new member checklist" that includes a fitness profile and what to wear.

"**Fitness First** has children's programs as well. The swim and gym program is popular and it focuses on middle school and high school ages. We also have tremendously popular programs for babies and elementary school levels. We offer a child care center called the 'Kids Clubhouse,' where parents can leave their children (for a maximum of two hours) while they use our facilities, Mrs. Welker said.

Prior to managing **Fitness First**, Welker said he received a bachelor's degree in science from Springfield College, was the president of the Chamber of Commerce from 1991-1996 and he coached football and wrestling.

Welker is also certified in CPR and spinning, as he instructs spinning classes at the club.

Mrs. Welker said prior to owning **Fitness First** with her husband, she worked in the public relations field in Texas and traveled with a group named "Up With the People," a non-profit organization. Mrs. Welker is also certified in CPR, spinning, body pump, and AFAA, which is the Aerobics and Fitness Association of America and she instructs classes at the club.

"I love this industry and I love making a positive impact on people's lives," Mrs. Welker said. "I build great relationships and have a great opportunity to

help people commit to a healthy life style."

The Welkers reside in Westfield with three boys, and the two older boys take spinning classes and participate in fundraisers for the Children's Miracle Network.

Welker is chairman of the Children's Miracle Network, and they raised over \$40,000 last year. "It was an honor to be chosen as chairman of the Children's Miracle Network," Welker stated. "We try our best to make a commitment to our community and give back to the community as well," Mrs. Welker added.

"One of the reasons why **Fitness First** is special is because we offer so many different programs for all age groups," Welker concluded. "We like to fulfill all our members' needs and interests."

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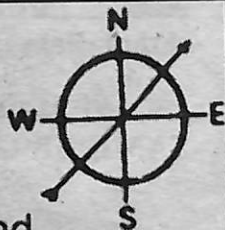
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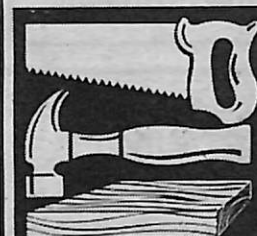


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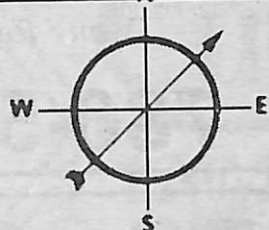
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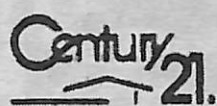
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